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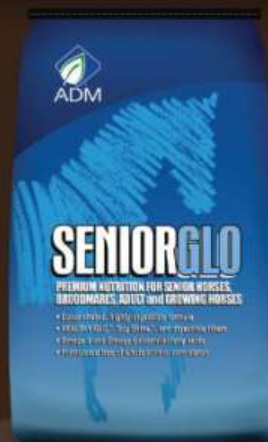
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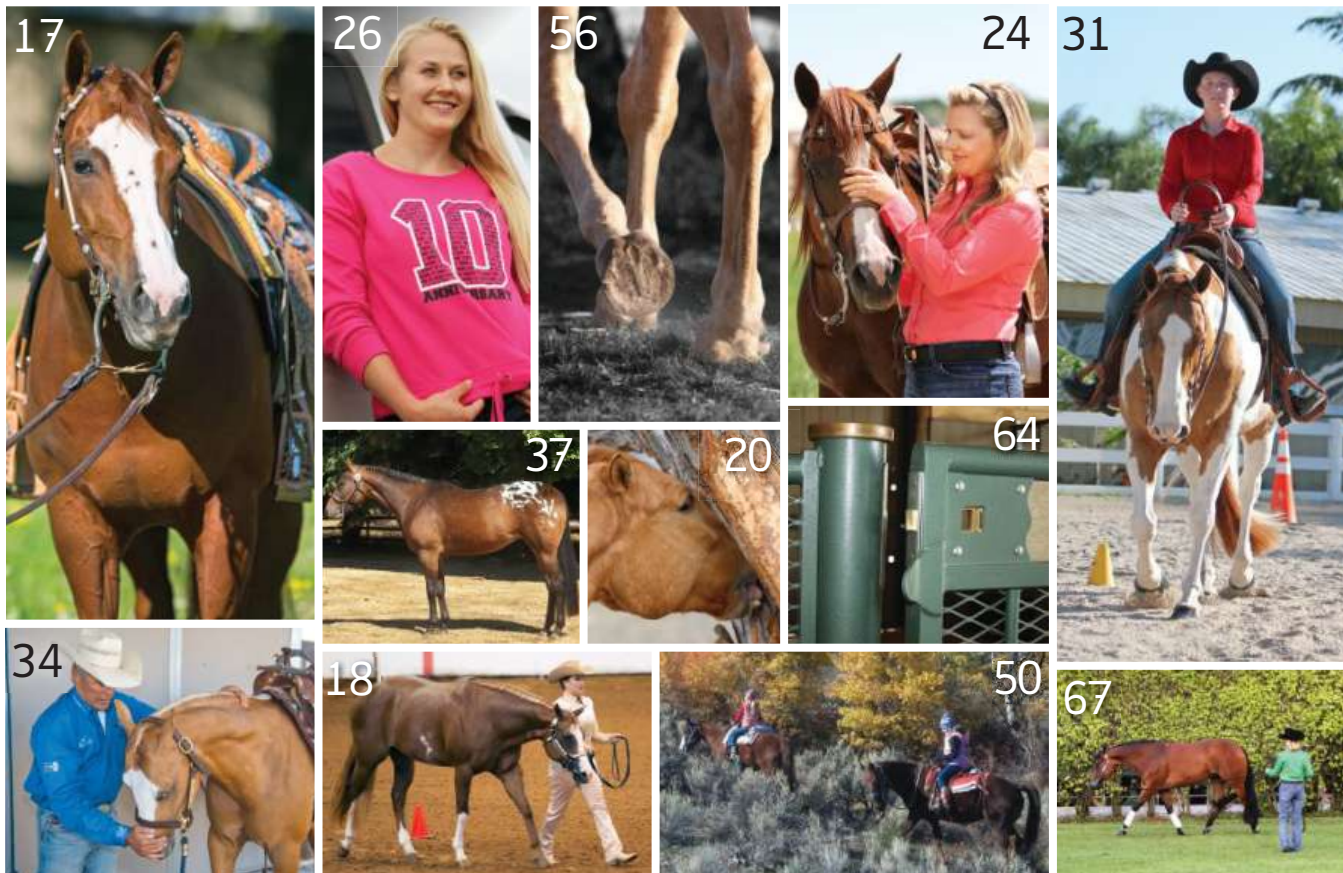
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Features

42 From Barn to 'Table'

When your horse needs colic surgery, being prepared can boost the odds of a good outcome.

By Barb Crabbe, DVM

50 Prep Tips for Group Rides

Train your horse to behave well around other mounts out on a trail ride. *Bonus:* trail etiquette.

By Heather Smith Thomas

56 Barefoot or Shod?

Gain critical insights from a leading barefoot expert plus three riders who've tried both options.

By Jennifer von Geldern

On the cover: Comin' right at you is the 4-year-old Quarter Horse mare Oh Im So Smart, owned by Patricia Holtzman of Michigan. By Smart Spook and out of Miss Jessie Jac Hyd, the talented reiner is trained and shown by Matt Armenta, of Whitesboro, Texas. Photo by Mallory Beinborn

Departments

YOUR HORSE YOUR LIFE

- 17 We'd Love to Own:** AQHA mare Zip N Wisely.
- 18 Talk:** Interscholastic finals; APHA scholarships.
- 20 Health:** Bark chewing; tendon injuries genetic?
- 22 Solutions:** Halloween costume ideas; ID halter.
- 24 Horsekeeping:** How to calm your flighty horse.
- 26 Style:** Thinking pink for breast-cancer awareness.

PRACTICE PEN

- 31 Private Lesson:** Mark Stevens on sitting centered.
- 34 Bob Avila's Winning Insights:** Select a prospect.
- 37 Conformation Clinic:** Young Appaloosa mares.

Regulars

- 10 From the Editor:** Seeing the future.
- 12 We Hear You:** Give draft horses a chance.
- 14 Whole Horse Q&A:** Basics of enteroliths.
- 64 Barn Gear:** Sturdy, secure stall-door locks.
- 67 Problem Solvers:** Establish longe-line control.
- 72 You Said It:** 'Sell my horse? Not on your life!'



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Going, Going, Gone!

Considering your horse's hoof-care options? Read real-life accounts of horses that've switched to bare feet on page 56, and find out how to make the transition by reading "Strategies for 'Going Bare'" online this month.



Better With Buddies

Prepare for a ride with friends (page 50), and then find out how to resolve issues on the trail online in "Rescue Your Ride."



More Than a Model

Find strategies to boost your riding in "Maximize Your Lessons." Learn about the featured horse model on page 17.

Gut Check

Read "Colic!" online for tips to manage this emergency. See page 42, for what to expect if surgery's required.

From Our Blogs

In *The Thinking Rider*, H&R's Jennifer Forsberg Meyer explains how to give your horse the reward he's most eager for.

Join the Herd!

We love hearing from you! Send all high-resolution images for *Conformation Clinic*; *Problem Solvers* questions; and any feedback, ideas, photos, and letters to HorseandRider@aimmedia.com. Or mail correspondence to 2520 55th St., #210, Boulder, CO 80301.

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INDICATION: For the control of clinical signs associated with navicular syndrome in horses.

CONTRAINDICATIONS: Horses with hypersensitivity to clodronate disodium should not receive OSPHOS.

WARNINGS: Do not use in horses intended for human consumption.

HUMAN WARNINGS: Not for human use. Keep this and all drugs out of the reach of children. Consult a physician in case of accidental human exposure.

PRECAUTIONS: As a class, bisphosphonates may be associated with gastrointestinal and renal toxicity. Sensitivity to drug associated adverse reactions varies with the individual patient. Renal and gastrointestinal adverse reactions may be associated with plasma concentrations of the drug. Bisphosphonates are excreted by the kidney; therefore, conditions causing renal impairment may increase plasma bisphosphonate concentrations resulting in an increased risk for adverse reactions. Concurrent administration of other potentially nephrotoxic drugs should be approached with caution and renal function should be monitored. Use of bisphosphonates in patients with conditions or diseases affecting renal function is not recommended. Administration of bisphosphonates has been associated with abdominal pain (colic), discomfort, and agitation in horses. Clinical signs usually occur shortly after drug administration and may be associated with alterations in intestinal motility. In horses treated with OSPHOS these clinical signs usually began within 2 hours of treatment. Horses should be monitored for at least 2 hours following administration of OSPHOS.

Bisphosphonates affect plasma concentrations of some minerals and electrolytes such as calcium, magnesium and potassium, immediately post-treatment, with effects lasting up to several hours. Caution should be used when administering bisphosphonates to horses with conditions affecting mineral or electrolyte homeostasis (e.g. hyperkalemic periodic paralysis, hypocalcemia, etc.).

The safe use of OSPHOS has not been evaluated in horses less than 4 years of age. The effect of bisphosphonates on the skeleton of growing horses has not been studied; however, bisphosphonates inhibit osteoclast activity which impacts bone turnover and may affect bone growth.

Bisphosphonates should not be used in pregnant or lactating mares, or mares intended for breeding. The safe use of OSPHOS has not been evaluated in breeding horses or pregnant or lactating mares. Bisphosphonates are incorporated into the bone matrix, from where they are gradually released over periods of months to years. The extent of bisphosphonate incorporation into adult bone, and hence, the amount available for release back into the systemic circulation, is directly related to the total dose and duration of bisphosphonate use. Bisphosphonates have been shown to cause fetal developmental abnormalities in laboratory animals. The uptake of bisphosphonates into fetal bone may be greater than into maternal bone creating a possible risk for skeletal or other abnormalities in the fetus. Many drugs, including bisphosphonates, may be excreted in milk and may be absorbed by nursing animals.

Increased bone fragility has been observed in animals treated with bisphosphonates at high doses or for long periods of time. Bisphosphonates inhibit bone resorption and decrease bone turnover which may lead to an inability to repair micro damage within the bone. In humans, atypical femur fractures have been reported in patients on long term bisphosphonate therapy; however, a causal relationship has not been established.

ADVERSE REACTIONS: The most common adverse reactions reported in the field study were clinical signs of discomfort or nervousness, colic and/or pawing. Other signs reported were lip licking, yawning, head shaking, injection site swelling, and hives/pruritus.

OSPHOS®
(clodronate injection)

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From the Editor

By Jennifer Paulson

Seeing the Future



“VISIONARY” IS A PRETTY BIG WORD. USED CORRECTLY, the title comes with a lot of clout and responsibility. It’s not just about creatively working with what’s going on now; it includes seeing what’s coming in the distance, in a way predicting the future, and working toward that.

During her 40 years in equine publishing, Juli Thorson has made a name for herself doing just that across breeds, disciplines, and all things “horse.” She’s lived it, breathed it, predicted trends about it, and written it—all for the devoted readership of the magazines she’s served. So when

a colleague suggested she be nominated for the American Horse Publications’ Equine Industry Vision Award, we found ourselves on a mission to recognize Juli for her vision that’s built *H&R*.

A Speechless Wordsmith

When we told Juli about our plan, she was speechless, proud, and humble. Through the gathering of entry materials, we saw some of Juli’s earliest work (including the first cover photo she shot), heard raving compliments about her expertise from industry leaders, and reflected on our own experiences with Juli and how she impacted our careers.

The hardest part: I couldn’t offer my endorsement, because I was on the award’s selection committee! I couldn’t vocally support the mentor who’s influenced me as a writer and a rider—even before she knew me, when I read *H&R* as a 4-H competitor. Juli’s encouraged me to think critically (whether horseback or at my computer), see the big picture, and always keep our readers at the core of our values.

Thankfully, senior editor Jenny Meyer stepped in to circle the wagons and round up the materials. We’re proud to share that Juli made the final four in a group of outstanding industry leaders, and she was the only finalist who’s spent her career as a writer/editor/publisher.

The Next Chapter

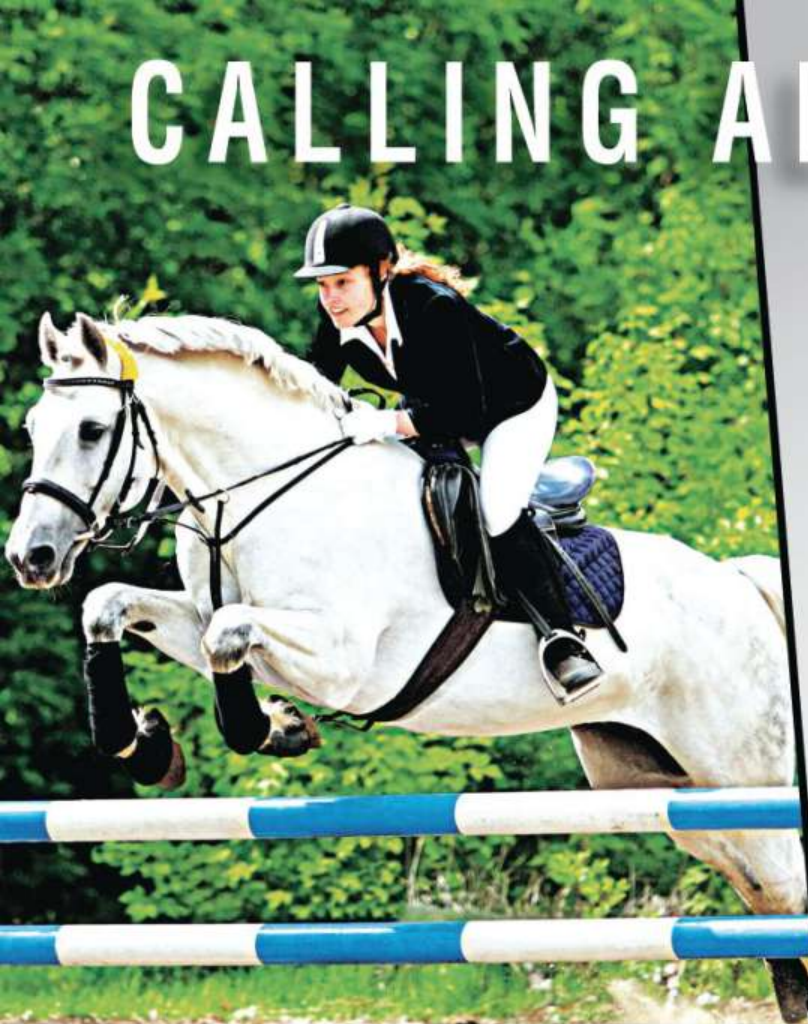
With this issue, Juli hangs up her *Horse&Rider* spurs. We’ll miss her thoughtful perspective in our weekly editorial meetings and hearing her stories about industry icons—which could be funny, insightful, or tragic, and sometimes a mix of all three. But most of all, we’ll miss her vision. I’d like to think that she’s instilled a little of that in each of us on the staff, as well as in you, the readers.

As with any vision, Juli’s is built on a firm foundation that remains part of *Horse&Rider*’s DNA. Thanks to her insights and perspective, her vision will evolve in the future, and we sure hope to make her proud of (and possibly see her byline in) the issues to come.

If you have memories of meeting Juli or reading her work, please share at the email address below. □

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LETTER OF THE MONTH

Give Drafts a Chance

I wanted to let *H&R* readers know that Clyde and I (*Your Stories*, "Clyde Gets a Second Chance," September 2015) worked the mounted patrol in Huntington Beach, California, on the Fourth of July. It was crazy! I was in the saddle for 10 hours, among throngs of drunk, unruly people, with fireworks and M-80 firecrackers everywhere. Clyde was magnificent. He's such a great horse. My wife, Debbie, and I also trail ride on our rescued drafts. I only hope more folks can see how rewarding it can be to give these big guys a chance to be a horse—instead of just a piece of machinery.

DOUG WILLIAMS, Norco, California

E-mail your letters to HorseandRider@aimmedia.com. Or, send them to *Horse&Rider*, 2520 55th St., #210, Boulder, CO 80301. To be considered for publication, your submission must include your full name and your state. Published letters are subject to editing for brevity, clarity, and accuracy.

Danger in the Barn

I thought "Tales of Terror" (July 2015) was excellent. I've owned horses and ridden for nearly 60 years and could tell so many stories about how horses can be injured or killed. I've been to many barns, owned by people who believe they're giving their horses the best of care; however, many are clueless about the dangers that lurk in their barns. Some situations are due to negligence, ignorance, or lack of attention. I believe articles like this are very helpful.

NANCY BEALE, Kansas

Musings From Texas

I am a 76-year-old retiree and gentleman rancher, and I read your magazine regularly. We have a small ranch and three horses; my main ride is Rico Suave, a 97-percent foundation Quarter Horse. I like to think that Rico and I are taking each other for exercise when we ride the pastures at a brisk walk and trot three or four times a week. However, this spring's rain meant that riding Rico went onto the back burner. There was flooded-out fencing to repair, 700 feet of driveway that was washed out and needed a redo, plus numerous other smaller tasks as a result of rain-related issues. Who had time to ride, let alone decent footing to do so?

Summer finally settled in, and with

it, several sunny days in a row. Finally, I had an opportunity to actually saddle up again and take a leisure ride aboard Rico. Gone were the rubber boots and hiking shoes I'd been wearing for the past two months; I retrieved my "real" boots, and...they were both filled with birds' nests!

Had it really been that long since I'd worn my riding boots? Had it been that long since I'd even been in the saddle? Message to self (and to anyone else reading this): Regardless of what's going on, try to ride more, work less. Life's too short *not* to.

CHUCK HESS, Texas

More on Backs

Dr. Crabbe's otherwise excellent "Oh, My Aging Back" (August 2015) was missing one crucial element: Horses with swaybacks can be effectively helped with massage and equine bodywork. It's not difficult to learn the various "back lifts" and "butt tucks." Any equine chiropractor, massage therapist, or body-work expert can show you how to practice these maneuvers. A case in point: Two years ago I purchased an aged gelding with a severe swayback. A year later when my vet paid a routine visit, he started doubting his memory. "Didn't he used to have a sway back?"

REBECCA KUSHNER, Iowa

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BY UNIVERSAL TRAILER

Can Enteroliths Be Prevented?

Gut stones can cause serious problems for a horse. Know their signs and how best to prevent them.

Q I worry about enteroliths. The stable where my horse is boarded feeds alfalfa or alfalfa-mix hay, and I've heard alfalfa can be a factor in stone formation. What are the warning signs, and how can I keep an enterolith from forming in my gelding?

JENNIFER VAUGHN, California

A Enteroliths are formed from plant and mineral concretions within a horse's digestive tract. Typically located in the large or small colon, they're similar to gallstones in people and can lead to obstruction, resulting in signs of colic.

Equine enterolithiasis is strongly

associated with specific regions of the country; your state, California, has the highest incidence by far (Texas and Florida are distant seconds). According to a

Alfalfa hay can be a risk factor for enteroliths.

1999 study, approximately 27.5 percent of horses undergoing abdominal surgery for colic at U.C. Davis were diagnosed with enterolithiasis. Other risk factors for enterolith formation include a diet

of primarily alfalfa hay, the breed of the animal (Arabians, Morgans, Saddlebreds, Miniature Horses, and donkeys are more susceptible), and a higher-than-average mineral content and pH level of the large colon's contents.

X-raying the abdomen is the main way enteroliths are positively diagnosed (see box at right).

Preventive measures include increasing pasture access so that a horse is turned out more than 50 percent of the time, plus decreasing or eliminating alfalfa hay consumption if the horse lives in a high-risk area of the country. Some veterinarians have also advocated acidifying the contents of the colon (by

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Thiamine, (Vitamin B ₁)	1,000 mg
L-Tryptophan	125 mg

Inactive Ingredients

Distillers Dried Grains with Solubles, Natural Flavorings, Natural Mixed Tocopherols (natural preservative), Yeast Culture

Helps Maintain Calmness

Supports Balanced
Behavior

Helps Manage Stress and
Curb Destructive Behavior



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Enteroliths and Radiography

How to confirm a suspicion of enterolithiasis? Abdominal radiography is the main diagnostic procedure performed in horses to determine the presence of enteroliths. The sensitivity of these radiographs varies depending on the location of enteroliths within the bowel and prevalence of the disease in a given region. In a high-risk area such as California, one study found that enteroliths of the large colon were able to be detected approximately 84 percent of the time, while those in the small colon were detected 50 percent of the time.

adding one cup of apple cider vinegar to feed twice a day—for a 1,000-pound horse). Removing access to dirt and gravel are additional safeguards to help prevent stones from starting.

Horses with enteroliths in their large colon may exhibit intermittent signs of mild colic, and may even pass a few smaller enteroliths in their manure. (Colic signs can range from pawing or look-

ing at the flank to getting up and down frequently or rolling.) If acute obstruction of the large or small colon occurs, colic signs become more severe and you may notice abdominal distention.

Surgical removal of enteroliths generally has an excellent success rate (greater than 90 percent). The process involves manual movement of the enterolith(s) to an accessible part of the bowel, then

surgical removal by cutting into the intestine. If the pressure from an enterolith has caused local necrosis (tissue death), then bacterial contamination/absorption or bowel rupture may worsen the prognosis. For this reason, early surgical intervention can increase the chances of a successful outcome.

STACY A. SEMEVOLOS, DVM, DACVS
Professor of Large Animal Surgery
Oregon State University

HorseandRider.com

Be prepared! For a detailed list of what to do if your horse shows signs of abdominal distress, see "Colic!" at the Web site.

Send horse health and behavior questions to jfmeyer@aimmedia.com. Include horse's age, breed, gender.

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HR 2015-10



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WE'D LOVE TO OWN

Zip N Wisely

Details: 2006 AQHA mare by Investing Wisely and out of Zips Last Investment, by The Impressive Zippo.

Barn name: Annie.

Owned and shown by: Steve Wardlow of Lufkin, Texas.

Trained and shown by: Nancy Cahill of Madisonville, Texas.

Dependable dame: Wardlow explains, "In Texas, summer's really hot. If you want to ride, you have to get it done early in the day. She's one that you can take out first, when it's still completely dark, and know she won't spook."

Game-face routine: "She's a pleasure to show because it doesn't take her long to get warmed up for a class," Wardlow shares. "When she travels, she has a lot of energy right out of the trailer. We longe her so she can play and buck around, and then she'll be back to her easygoing self for the rest of the show."

Stall loafer: "She's in the first stall in the barn, and she's the quietest horse there," explains Wardlow. "She doesn't whinny or nicker, she just hangs out. When you go in her stall to catch her, she'll come right up and is ready to go."

Steady as she goes: Wardlow confides with a laugh, "She's so laid back, almost to the point of laziness. We work on her self-carriage at the beginning of riding sessions to get her focused. Or, if we're working on poles, we'll take her over extra-high poles to get her lifting her feet and paying attention."

Back-up queen: "She's an AQHA open and amateur superior trail horse," Wardlow says. "Her best maneuver is the back up. If you simply think about going backward, she'll do it." Annie's also shown in Western riding.

...Alexis Bennett

HorseandRider.com

Learn to get the most out of your riding lessons and see Annie model in "Maximize Your Lessons."



Ohio's Caroline Gute was the high-point open varsity Western rider at the IEA National Championships. Gute also was the NRHA High School Reining champion, besting top riders from both IEA and NRHA's youth group.

School-Age Riders Excel

Serious horsemanship was on display at the Interscholastic Equestrian Association's 2015 Western National Finals at the Oklahoma State Fair Park in June. Held in conjunction with the National Reining Horse Association Derby, the IEA championship features riders aged 11 through 19 competing in reining and horsemanship classes on unfamiliar mounts. (For final standings of riders and teams, go to rideiea.org.)

In related news, the best high-school equestrians will continue to have the opportunity to move on to National Collegiate Athletic Association competition in college, now that the NCAA has approved ongoing support for the sport of Division 1 Collegiate Equestrian. Collegiate Equestrian is currently on the NCAA's list of Emerging Sports for Women (collegiateequestrian.com).

PROSPECTS, MADE HORSES, BREEDING STOCK

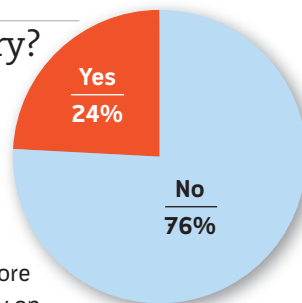
27-29

Dates, in October, of the Appaloosa Horse Club's Online World Sale. Though held during the week of the ApHC World Show in Fort Worth, Texas, the sale will be conducted exclusively online at equineauctiononline.com (appaloosa.com).

GALLOP POLL

Colic Surgery?

We asked if you've ever had a horse undergo colic surgery; at right is a breakdown of the responses we received. (Learn more about colic surgery on page 42. To participate in future polls, "like" us at our Facebook page.)



Scholarships Galore

More than \$160,000 was awarded in scholarships at the Paint Youth World Championship Show in Fort Worth, Texas, over the summer.

Scholarships per class ranged from \$1,300 to nearly \$6,000. More than 150 youngsters earned them—including Kassandra Jones of Pennsylvania (above), who took Chasinthesensation to championships in showmanship, Western horsemanship, and trail. (Full show results: apha.com/ywcs.)



CERTIFICATION MEANS SAFETY

'CHA changes lives through safe experiences with horses.'

...Motto of the Certified Horsemanship Association, which holds its Annual International Conference October 22-25 in Amarillo, Texas (cha-ahse.org).

Wish You Had a New Trailer?

The contest: H&R's Dixie Renegade Trailer Giveaway, with a grand prize of a brand-new two-horse Dixie Renegade living-quarters trailer—valued at over \$25,000—plus feed from Nutrena and a towing system from Blue Ox Towing Systems.

For details: Check out rules and qualifications at horseandrider.com/dixie-rene-gade-trailer-giveaway; the entry period for the contest closes December 15.




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Tendon injuries may have a genetic component.

Tendon Injuries: Genetic?

Tendon injuries can occur when your horse takes an awkward galloping stride, slips or bogs down on soft ground, or works too long or hard for his stage of fitness. Healing from a serious injury to the superficial digital flexor tendon can take months of rest, and not all horses recover completely. Now British research with Thoroughbreds suggests some horses may be genetically predisposed to tendon injuries, making them more vulnerable regardless of their other risk factors. Researchers say more studies are needed to clarify the role genetic factors may play in tendon injury.

Source: Kentucky Equine Research



Bark Gets the Bite

Problem: Your horse is chewing bark off trees.

Why he does it: Causes include not enough roughage in the diet, insufficient "chew time" (as on pasture or hay), a mineral deficiency, and boredom.

What you can do: Extend pasture time; feed plenty of high-fiber hay (such as grass hay); provide an unsweetened mineral block along with a plain white salt block; furnish a stablemate—even a goat may help.

READY RESOURCE

Latch 'Em In

Does your horse have MacGyver-level escape skills?

Keep him safe (and away from that grain bin) with ingenious stall-door latches—see page 64.



DRINK OR DIE

2to3

Maximum number of days a horse can survive without water; the timeframe may vary depending on the moisture content of the feed to which a horse has access.

Source: Rutgers Equine Science Center



Never turn two or more unfamiliar horses out together without giving them a chance to become safely acquainted first. Even mild squabbles between them can lead to injury.



Stall-Rest Support

The lowdown: SmartR&R Pellets are designed to help horses that must be on stall rest.

How they work: Created with the active elements of three popular SmartPak supplements, R&R Pellets include ingredients for recovery, calming, and digestive support.

Learn more: (888) 339-9695; smartpak.com. (For more on encouraging calmness in your horse, see page 24.)

VETSPEAK

'Bastard Strangles'

Type of strangles (a highly contagious infection of the lymph nodes) that progresses from the head to the chest and abdomen, where it can form large and potentially fatal abscesses inside your horse.

Source: The Dictionary of the Horse (EquineNetworkStore.com).

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CRUULDENIM.COM





Keep your contact information with your horse and easily accessible with the I.C.E. Halter.

Always Identifiable

The problem: You're safety-focused on the trail and want to keep your horse's In Case of Emergency (ICE) info with him.

The solution: The I.C.E. Halter.

What it does: The halter has a stitched-on, heavy-duty vinyl label on the cheek where you can write your name and contact information in case you and your horse get separated. Additionally, the nylon halter is slender to fit under a headstall, has a PVC-covered noseband for comfort, and offers a tie ring for stops along the trail. Choose from Horse or Large Horse sizes and your favorite of 16 colors.

More info: \$32; sierraviewgeneralstore.com.



Take Your Medicine

If your horse resents or refuses taking pills, here's a new alternative for you to try: Horse Pill Carriers. The cylinder-shaped carriers are made of nutritious and natural ingredients, including vitamin E oil, and they're flavored with maple. Pop the pill inside the cylinder, and either add it to your horse's feed or hand-feed the treat to him. Learn more and order packs of 14, 28, or 100 carriers at supplementsforhorses.com.

BAILING-TWINE GENIUS

Boot Pulls

Loop half-foot lengths of bailing twine through your boot pulls for extra leverage when pulling on your boots.

Have a Horse-y Halloween

Did you forget to make a costume for the upcoming spooky day or for a costume class at a competition? Here are a few simple ways to pair up with your horse in disguise. One warning: Test out your idea at home first, to be sure that your horse doesn't spook at any of the accessories.

Fisherman/ Caught Fish	Safari Explorer/ Zebra	Cop/ Criminal	Fireman/ Fire Truck	Super- heroes
Dress in your fishing gear, grab your pole, and make your horse the caught fish with a bright-colored slinky hood and homemade fins.	Grab a safari hat and khaki outfit, and use non-toxic paint to stripe your horse like a zebra. Bathe him immediately after the festivities.	Don a police uniform, and outfit your horse in a black-and-white-striped sheet; keep your hobbles on your saddle as handcuffs.	Grab a costume for yourself at the party store, and then decorate your red sheet like a fire truck, with ladders and windows.	Dress in your favorite superhero shirt, and adorn your horse's slinky with the corresponding insignia; attach shiny fabric to your saddle's cantle as a cape.

YOUR SOLUTIONS

After about ten years of accumulating work gloves and often walking out of the house and heading to the barn with two right gloves or two left gloves, I finally devised a system that works well. I paired up all my old-but-still-serviceable gloves and gave each pair a design with permanent marker—a heart, star, or any design. Now I can easily find a matching pair!

—Marcie Taylor, Massachusetts



Send your Solutions, along with your name and home state, to HorseandRider@aimmedia.com.



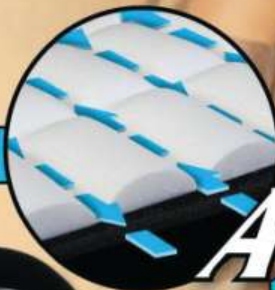
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DEALER: Request for reimbursement must be postmarked by 1/30/16. The retailer will receive reimbursement on the value of this coupon provided you and the consumer have complied with the terms of this offer. Please mail dated sales receipt along with coupon to: Weaver Leather "AirFlex® Cinch" Offer, PO Box 68, 7540 CR 201, Mt. Hope, OH 44660.



RideTheBrand.com



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Calm Your Flighty Horse

These routine strategies will help even out the temperament of a nervous horse.

If your horse is a Nervous Nellie, there are management strategies you can follow that'll help him feel calmer and more even-tempered. No one thing you do can be a magic fix, but following a well-thought-out overall plan will give your horse his best chance to be the quiet, responsive mount you want and need him to be.

We asked pro Carol Dal Porto (caroldalporto.com) to share some of the horsekeeping insights she's gained over years of training and caring for world champion performance horses. Here's what she told us.

Maximize turnout. Figure out how much turnout your horse needs to feel his best, mentally and physically. In general, the more turnout, the better, where possible. If you can arrange 24/7 turnout in a large pasture with a run-in shed, that's ideal. My show horses are worked six days a week, and even the best of them get turned out several days a week as well, sometimes 12 to 14 hours overnight. Bear in mind, though, that when your horse is turned out, he needs to have incentive to move around. If he just stands in the corner of a paddock, he's not getting much exercise.

Feed right. Become as knowledgeable as you can about your horse's nutrition and energy needs. Balancing intake with output—that is, how much you feed in relation to how much exercise your horse gets—is key. Overfed and underworked is a prescription for a flighty horse; on the other hand, routinely underfeeding your horse to “cut his energy” isn't the answer, either. Like any athlete, your horse needs adequate fuel for the work he does; if he's on a limited work schedule, hay or other forage alone may suffice. If you work him hard, he may need grain or a concentrate in addition to forage, but be sure to reduce his feed on the days when he's *not* working. For example, our horses have Sundays off, so they don't get grained on that day.

'Expose' him. As prey animals, horses are motivated by a need for safety at all times. This doesn't mean, however, that you should



Everything counts: How you house, feed, and handle your horse on a regular basis can help him learn to feel calmer and happier.

coddle your horse. Instead, as you care for and handle him, take the opportunity to acclimate him to as many different objects and situations as you can. For example, if you normally tie him in one spot for grooming, tie him someplace else until he feels comfortable there, as well. When you change up your horse's routine (always in a thoughtful way, giving him a chance to adjust), you build his confidence in dealing with different situations. He learns that when things change, it's not the end of the world. It also helps to keep him from anticipating where he's going or what he's doing next, which of itself can make a horse seem nervous.

Stay centered. Remember always that your attitude and emotions affect your horse. He looks to you for leadership. When you're tense or anxious, he picks up on that. Yoga (a favorite at Dal Porto Ranch) is great for “centering,” but anything that encourages you to breathe properly will be helpful. (Correct breathing draws air into your belly rather than your upper chest; the latter is actually the opposite of calming.)

HorseandRider.com

You'll discover more strategies for encouraging good behavior in your horse by reading “Outsmart Anticipation” at the Web site.

Supplements? Ask Your Vet

Can you find “quiet in a tube”? According to *H&R* Contributing Editor Barb Crabbe, the answer depends on your horse's unique needs and the contents of the supplement in question. Ingredients such as B vitamins (especially B1 or thiamine), tryptophan, magnesium, the herb valerian, or the hormone progesterone may help some horses in certain circumstances. Ask your own vet for advice.

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Photo by Crystal Gibson

We've gone pink for Breast Cancer Awareness Month. This 10th-anniversary sweatshirt from Tough Enough to Wear Pink recognizes the campaign's decade of service.



Decade of Service

The cause: Tough Enough to Wear Pink is a nationally recognized campaign that provides a framework for Western events to promote breast cancer awareness and fundraise locally. TETWP's efforts have raised over \$12 million to date.

The item: The 10th-anniversary sweatshirt from Tough Enough to Wear Pink pays tribute to the campaign's decade of service in style with a feminine, wide-neck design and bottom drawstring.

Bonus: Find more products in the Tough Enough to Wear Pink line at toughenoughstore.com.

More info: \$40; (866) 910-7465.

Rein in Cancer

The non-profit began as a way to fund the Shirley Bowman Nutrition Center, which is a facility that provides nutritional education and support to cancer patients. In 2012, the initiative redirected its spending to focus on supporting cancer patients/competitors in the performance-horse community. Funds for the program are raised solely at horse-related activities and events, such as the NRHA Futurity, the All American Quarter Horse Congress, and others. Learn more at reinincancer.com.



Hats Off for Her

Shorty's Hattery's Shirley Bowman Cancer Hat is a 20X pink felt that honors the maker's late sister. Over a quarter of the proceeds from the sales of this hat will go to cancer research. (See "Rein in Cancer" to learn more about the charity.)

More info: \$395; (800) 853-4287; shortyshattery.com.



Collar for the Cure

The breast cancer awareness breast collar from Bar H Equine has tooled, dark-oil leather with pink-ribbon embellishments for a minimalist look that's appropriate to show your support all year long.

More info: \$219.99; (800) 467-6746; nrsworld.com.

Pastured in Pink

Weatherbeeta's American Breast Cancer Foundation 1,200-denier, standard-neck blanket is available in light- or medium-weight options and features a poly inner liner. With every purchase, Weatherbeeta donates \$10 to the cause.

More info: \$129.99 or \$139.99; weatherbeeta.com.



WE LOVE: KIDS FOOTWEAR

Recognize breast cancer awareness with a pick from our favorite kids' footwear options, or find a neutral-colored pair of the same style that'll be perfect for any occasion.



Durango

Style: DWBT093.
More info: \$79.99; durangoboots.com.



Twisted X

Style: YDM0007.
More info: \$69.99; twistedxboots.com.



Roper

Style: Toolie.
More info: \$69; eroper.com.

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GIVE METAL SHOES THE BOOT

New Mac hoof boots are a genuine alternative to metal shoes and are great for trail and other types of riding! The New Mac hoof boot will eliminate brittle hoof walls and the stress and trauma caused to your horse through constant nailing.

BREEDING SEASON

Protect both stallion and mare against kicking injuries by fitting New Mac Multi-purpose Horse Boots. The unique outsole design will also ensure sufficient traction during serving.

TRANSPORTATION

New Mac Multi-Purpose Horse Boots are ideal for all horse transportation. They will protect your horse from lower limb injuries, tendon damage, hoof wall and sole bruising. The New Mac prevents slipping during loading, boosting your horse's confidence, and will eliminate throwing metal shoes. No matter the discipline, wearing New Mac Multi-purpose Horse Boots ensure your horse will be ready to compete when you arrive at your destination.

HOOF SUSPENSION SYSTEM

New Mac boots, incorporating the unique Hoof Suspension™ System, will minimize and help speed up recovery from concussion-related injuries. The New Mac will help prevent any of the following: arthritis, pedal bone fractures, jarred shins, ringbone, knee fractures, laminitis, bruised soles, scalping from overreaching, and abscesses.



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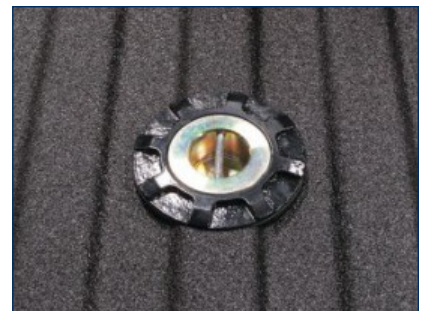
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Find Your Center

Use this exercise to determine if you lean to the right or left in the saddle, then practice it in your weaker direction to get centered.

By **Mark Stevens**,
With **Jennifer Paulson**
Photos by **Jennifer Paulson**

Sitting centered in the saddle while riding straight lines or around corners makes or breaks your horse's response—no matter your discipline. Your brain might tell you that you're sitting squarely in the middle, but you probably have more weight to the right or left. This confuses your horse, because he's getting one signal from your hands and legs and another from your seat.

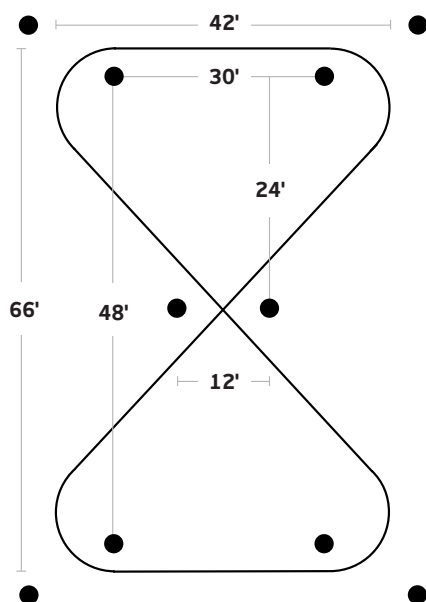
If you lean in one direction, you'll find that your horse drifts off a straight path, resists as you go around a corner, or pushes when you travel a circle. This exercise will help you determine if you're a "right rider" (lean to the right) or a "left rider" (lean to the left) so that you can square-up your position.

Grab 10 markers to set up your pattern (see page 32). As you'll see, you don't need cones; you can use any safe objects, such as buckets or flowerpots. (My inflatable pink flamingo is a favorite marker in my barn.) Outfit your horse in a bit he responds to, and ride two-handed. →



Practice Pen

PRIVATE LESSON



1 Paying close attention to your hand position will make a big difference in your success at this exercise. The photo on the left shows neutral position—hold your hands about 4 inches above your saddle, with your reins even and your wrists straight. Think of your horse's neck running right through the middle of your hands in a straight line. When you execute a turn, think of your reins like a steering wheel. To turn to the left, lower your left hand and raise your right hand. It's the opposite for a right turn. Also as in driving a car, you'll begin looking into your turn before you get there and ease into it, making a slow but deliberate movement, then ease back onto the straight line.

2 Beginning at one of the corner cones, pick up a working jog. Travel a straight, diagonal path through the two middle cones to the far side of the destination cone. On this path, be cognizant of your body position. If you lean in one way or the other, it'll affect the straightness of your approach and the success of your turn around the cone. Keep your body straight and your eyes on the first destination.



3 As the rider comes around the corner, she drops her hip and shoulder into the turn, which causes her horse to drop his shoulder and lean into the turn, too. Whether a slight or extreme lean, it'll interfere with her horse's response. Not only will they struggle to get around the cone, but they'll have problems returning to the straight line on the path to the next cone.

4 This is a big improvement over Photo 3. You can see that she's turned her body to follow her path of travel and is looking where she's going. This

allows her to keep her body centered in the saddle, and her horse can keep his shoulders elevated and square through the corner. Her horse will travel easily around the corner and back onto the straight path to the next turn.

5 The rider eases her horse out of the corner, just as she would if she were driving a car. You can see that her hands are nearly back to neutral position, and her horse is back on a straight path toward the next cone. She has her eyes up and focused on the next corner.



6 Here's where you really learn if you're centered or not. When you pass between these middle cones, if you're directly in the middle of the markers, you're probably centered. If you're leaning toward one side, you'll wind up more toward that cone—or

even hit it or go outside it. If you have to move your hands left or right as you travel between the middle cones, pay close attention to which direction, then check your body position. You've probably dropped the opposite hip or shoulder, at least.

7 Work the exercise in both directions, paying close attention to whether you struggle more with turns and straightness to the left or right. If, for example, it's more difficult to the left, you're probably a "right rider," and tend to lean in that direction. Spend more time working this exercise in your weaker direction, and pay close attention to squaring your body. With practice, you'll reform your position to be correct and strong both to the left and right. □



Mark Stevens trains all-around horses and coaches youth and amateur riders for AQHA competition from his facility just west of Fort Lauderdale, Florida. From

beginner riders to world champions, Stevens' goal is the same: To communicate humanely and individually with horsemen and equine partners. Learn more about Stevens' program at markstevenshorses.com.

Practice Pen

BOB AVILA'S WINNING INSIGHTS

Performance Prospects: Selection Tips

Any performance prospect is a gamble. But you can up your odds of finding a good one by knowing what to look for, and why.

By **Bob Avila**, With **Juli S. Thorson**
Photos by **Marc Laxineta, DVM**

Whether you buy or raise your next performance prospect, you'll have made a significant investment by the time you actually get to ride and show him. Once you get past the purchase price or breeding fee, it costs as much money and time to train an average or mediocre prospect as it does one with true talent and trainability, but you end up with less in the end. That's why it's just smart to begin with the very best prospect you can find.

I've evaluated thousands of young horses, including ones for sale and others owned by customers who want to place them in training. I've learned to look for certain desirable qualities, including clues to talent and trainability. I've also learned clues that tell me to keep looking. I'll go over key points, so you can benefit from my experience. It's taken years of buying horses and making mistakes to have learned what I'm going to tell you.

Initial Criteria

Let's start with an imaginary pen of yearlings. They're all healthy, without serious flaws in conformation. Initially, I look at three things in each, but not in this order: movement, breeding, and looks. Movement matters, for instance, but isn't enough for an unattractive horse to make it to the top. Breeding matters, too. It's a reasonable predictor of ability (though not always), and



The ideal prospect has something special about his look that says "show horse." It's difficult to define, but I know it when I see it.

can make a difference to future buyers. However, I need to like the horse before I like the papers. A judge won't have a copy of the papers when I'm out in the arena showing a horse I've chosen.

A prospect doesn't have to be drop-dead pretty for me to like him, but he does need to have a certain look—something that's a little different and that says "show horse." You can't define



LEFT: This kind of expression and curiosity—ears stretching forward, eyes wide open and interested—indicates interest rather than animosity. **RIGHT:** When I place one palm on the front of a prospect's face and push on it, it gives me insight into his temperament. If he gives to light pressure from my hand, that's positive—it's a clue that he's not resistant by nature.

what makes a woman pretty or a man handsome, but you know “wow,” or star power when you see it. It's the same with horses. Star power will get you that extra look, extra half-point, and extra dollars at sale time. It's there or it's not. It's a tremendous extra advantage; why not have it to start with? A homely, average horse has something to overcome before he ever makes his run.

I'm critical about the way a prospect moves. I've been a judge, and I know what gets my attention about an entry and makes me *want* to see more. Again, it's that “something special” that sets a horse apart, and I look for it at the start. It can be his lope, how he rolls back as I'm watching him in a round pen, how he packs his neck, or how he's able to use his shoulders. I want the horse that's athletic enough to make an observer go, “Wow, that was really cool.” I don't always find it or get it, but it's definitely something I strive for every time.

Going Further

If a prospect still has my attention at this point, I start looking for clues about his mind. Without a good mind,

and the trainable attitude that goes with it, none of the rest matters. With prospects still too young to have been started under saddle, you don't get to evaluate them *from* the saddle. But you still can learn a lot by being observant.

I pay a lot of attention to how a horse handles his space and mine. For instance, if he's in a stall, and I step inside, I want the horse that goes to the back of the stall and turns to look at me. If he keeps his butt turned to me, he could just be timid, and that's OK, especially if he hasn't been handled much. But if he pins his ears, acts like he wants to kick, or runs over me, that's not good, because it shows lack of respect and desire to be dominant.

I'm big on how a horse uses his ears as I'm around him. I want him to *look* at me, and express curiosity about things instead of animosity. I want to see the same thing in a prospect that'll be used on cattle. I'm not impressed by a colt that lays his ears back when I touch him or when he sees a cow. He's saying, “I don't like what you're doing to me, and I don't like cattle, either.” I want the horse whose eyes bug out and whose ears starch forward. I'll pass on

the one that narrows his eyes, flattens his ears, and goes after something, whether it's me or a cow.

When I'm in a horse's stall or pen, I like to place one palm on the front of his face, push on it, and see what he does. If he gives to light pressure from my hand, that's positive—it's a clue that he's not resistant by nature. It's not so good if he pushes against my hand, or tries to avoid it by pushing his whole body at me. It can mean he's not a respectful individual to start with, and that he'll fight your efforts to train him. □



A multiple AQHA world champion, Avila has also won three NRCHA Snaffle Bit Futurities, the NRHA Futurity, and two World's Greatest Horseman titles. He received the AQHA Professional Horseman of the Year honor. His Avila Training Stables, Inc., is in Temecula, California. Learn more at bobavila.net.

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Practice Pen

CONFORMATION CLINIC

Evaluate the conformation of these 2- and 3-year-old ApHC mares and place them in your order of preference. Then see how your choices match up with our expert judge's.

Sandy Curl



Curl started judging in 4-H. After her success as a youth at state- and national-level events, she was hired to judge local shows. She's made a career of it, holding cards with APHA, NSBA, PtHA, ApHC, and PHBA, among others. Curl has judged at national and international world shows, and other premier events.

She and her sister own a boarding facility where she teaches multi-discipline riding lessons. Curl is a 4-H team coach; her husband is a horse shoer; and her daughter, Shannon, trains horses. Curl says she "has the perfect life." She enjoys judging great horses, meeting new people, and traveling.

In any halter class, I assess balance and quality first, but I also look at the flow of the entire picture; a horse should look complete. There are three essential characteristics: balance, smoothness and flow, and gender-/breed-specific traits.

Good balance means the length of a horse's neck, back, and hip are all equal. The neck should tie into the shoulder high, not from the base. The throatlatch should be clean and thin enough to allow the horse to flex easily at the poll. A well-sloped shoulder, with close to a 45-degree angle, frees the shoulder to swing forward to maximize front-leg reach. Shoulder angle should match the pasterns' angle to best absorb concussion. Too-steep shoulders and pasterns mean there's less freedom of movement of the leg and the pasterns won't relax down. A horse should have prominent withers for best saddle fit and rideability. A strong, short back is also a must. Lack of back strength will cause a horse to break down over time, and collection will be difficult. The hips are a horse's driving force—without the ability to bring its hocks well forward, the animal will have no power. The knee-to-hock alignment should be level. A too high-hipped horse is always going to travel downhill and will be heavier on the front end.

Aesthetically, a horse should be pleasing. The head should be proportionate to the body. Muscling and gender characteristics are the least important, but nevertheless, a horse should have adequate muscling to move and carry itself well, and a mare should be feminine. →



Practice Pen

CONFORMATION CLINIC

First: Mare C

Mare C exudes the most quality of the mares in the group. She's balanced and feminine, has substance, and smoothly flows together. Her head is pretty; she's alert and bright-eyed. Her throatlatch is clean, which will allow her the flexibility and collection to keep her movement balanced. She has a nice, high neck tie-in at her well-sloped shoulder. She has prominent withers that'll hold the saddle in place. She has a deep barrel and good turnover to her

croup. From the side, she looks straight in her legs; she doesn't have any structural faults, such as toes out, benched knees, or post hind legs. She has good slope to her pasterns to absorb concussion well. Her knee-to-hock alignment is good, which means that she's likely to carry herself level. All of these traits indicate that she's not only pretty, but also a good mover.

I'd like to see her hip muscling tie in deeper to her gaskin, which would create



a longer hip. This would improve her balance and rear-end propulsion. She's adequately muscled, but could use more development overall and especially in her hind end.

Second: Mare A

She's easily the smallest and most undeveloped of the group, but she's well balanced overall. And, she's pretty. Her neck, back, and hip are all of equal lengths and complement one another. She has a long, trim neck that ties in well at her shoulder, which has good length and slope. Her topline is really strong; it appears to be the strongest of the entire group. She has good length and slope to her hip. Her hip angle also

complements her shoulder for improved balance. It's hard to see her hind legs in this photo because of her tail, but her legs appear to be straight with appropriate angulation to her hocks. Her pasterns are well sloped and match her shoulders' angle to absorb concussion. Her conformation indicates that she's likely to be a nice mover.

She's slighter than I prefer. I'd like to see her after she's had more time to



mature. Right now, she lacks substance and musculature in her overall development. Shorter ears would also improve her femininity and appearance.

Third: Mare B

Mare B is heavier-bodied and more mature than the second-place horse, but she's not as balanced. She has a coarser head than the other two mares and is thick through the throatlatch. This could cause her difficulty in collecting herself and getting into frame. Her neck ties in low to her shoulder, and I'd like it to be a little longer and thinner. Her shoulder could use more length and slope as well. Her steeper shoulder will affect her front-

leg reach, which will cause her to have a short, choppy stride. She appears to be mutton-withered, which will cause the saddle to shift from side to side on her back. She has a strong, short topline though and long, proportionate underline. More length to her hip would improve her rear-end propulsion and her overall balance. Her legs are straight and her pasterns have adequate slope. I'd like to see more angulation to her hocks, though; she appears post-



legged, which will affect her ability to reach with her hind end.

She's a quality horse, but lacks the femininity and overall balance of the other two mares.

To submit a photo of your horse to be evaluated in *Conformation Clinic*, send us a left-side profile photo of your horse (for digital photos: high-resolution, 300 dpi, in at least 3" x 5") to HorseandRider@aimmedia.com with your contact info and your horse's breed, age, gender, and height. (We welcome all breeds!) Visit HorseandRider.com for additional instructions.



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From Barn 'Table'

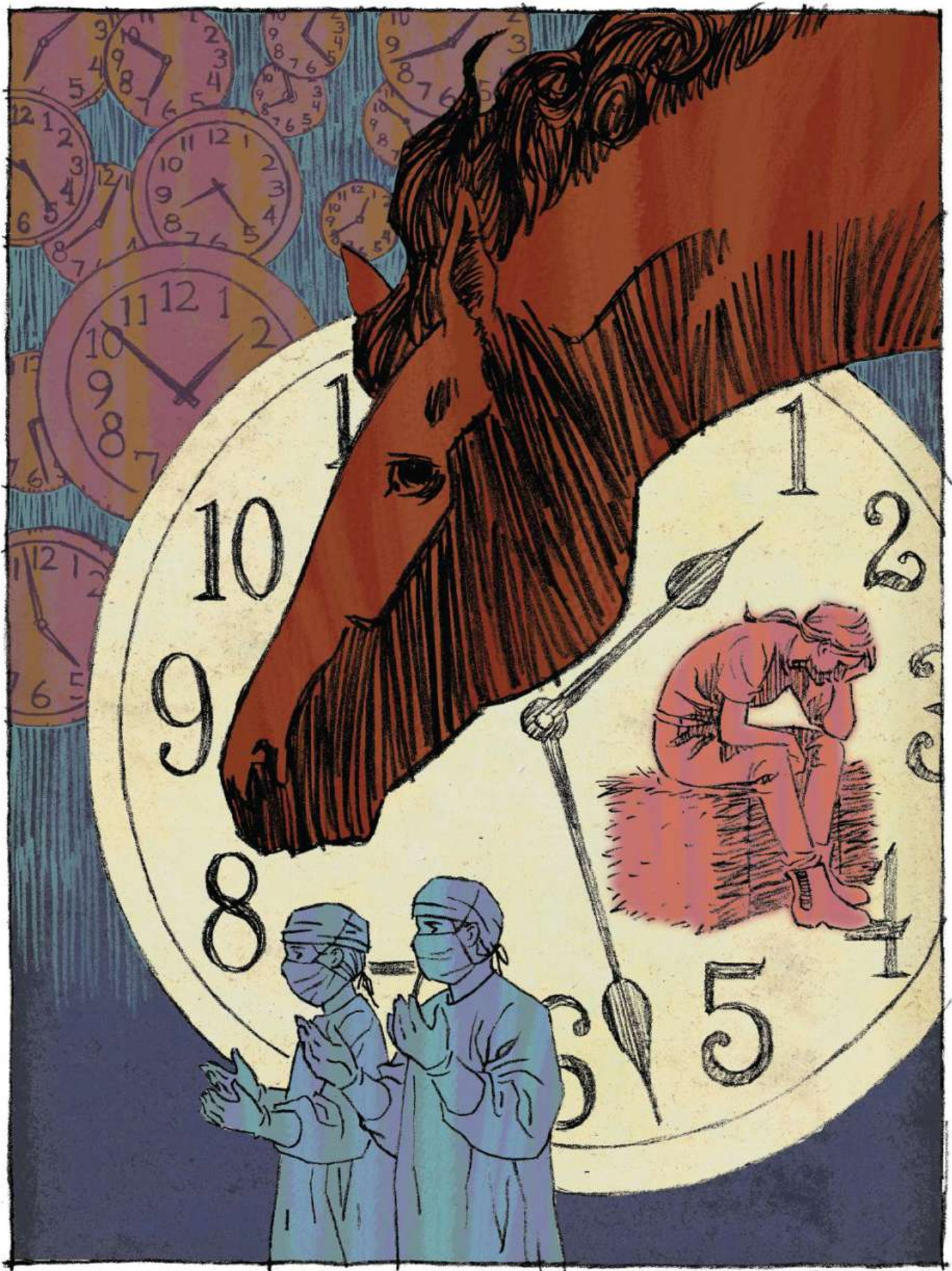
Learn what to expect when your horse needs colic surgery.

By **Barb Crabbe, DVM** Illustration by **June Brigman**

IT'S FEEDING TIME. Problem is, your horse isn't interested in dinner. "Uh-oh," you think. "Trigger usually beats down the door when food arrives. Something isn't right." On close inspection you notice that he's made a mess of the bedding in his stall, and there's almost no manure in his paddock. Not only that, his eye is swollen and he has a scrape on his head. Before you even have time for a closer look, Trigger has thrown himself on the ground and started rolling violently.

Your horse is colicking—and badly. You might've experienced colic episodes in the past when your horse refused to eat, started pawing and looking back at his side, or even tried to go down and roll. Your vet might've come to the farm, and might even have given your horse medications or passed a tube to administer a laxative to help him feel better. These mild to moderate colic episodes are usually due to gas pain or feed blocking a portion of the intestines (an impaction), and most can be managed medically. A surgical colic is a whole new game. If your horse has a loop of intestine that's become displaced (is in an abnormal position), twisted around itself, or somehow become trapped and "strangulated," his problem won't be solved with any kind of medical treatment—he'll require surgery to survive.

In this article, I'm going to give you a blow-by-blow diary of Trigger's trip from barn to surgical table—and back again. I'll explain how your vet will make the decision that surgery is necessary, what you and Trigger will experience on the way to surgery, and what to expect during the recovery period. As we move through the experience, I'll answer the most common questions you're likely to ask. →



BRIGMAN

The Colic Diary

🐾 **5 p.m.:** Your vet arrives 30 minutes after you've made the call. He takes vital signs, and discovers Trigger's heart rate is 80 beats per minute, plus no gut sounds are audible through his stethoscope. He immediately administers a tranquilizer to help control Trigger's pain so he can complete his examination. A rectal exam reveals the large intestine in the wrong location, plus obviously distended loops of small intestine. Even with heavy sedation, Trigger is still showing signs of discomfort, and it's hard to keep him on his feet.

🐾 **5:15 p.m.:** Your vet informs you that Trigger's colic is severe and will most likely require surgery to correct. He recommends you transport Trigger immediately to a surgical facility where he can be re-evaluated, and surgery can be performed as soon as possible if Trigger doesn't improve.

How can you tell he needs surgery? A high heart rate, lack of gut sounds, and unrelenting pain are three of the most common signposts that surgery is necessary. On top of that, the abnormalities your vet felt on the rectal exam support the likelihood that Trigger will need surgery to save his life.

Why so fast? Can't we take a "wait and see" approach? Time is of the essence when it comes to colic-surgery survival. If your horse has a problem that requires surgery to correct, his chances of recovery are much greater if he's on the table before there's a lot of damage to his intestines, or his overall metabolic condition becomes compromised. Remember, too, it takes time to load him up and transport him to a surgical facility—so the sooner you get started, the better. In a best-case scenario, Trigger will improve and your trip to the surgery facility will have been unnecessary. In a worst-case scenario, you'll decide to "wait and see," and Trigger's condition will decline—meaning he'll still be standing in your barn when he should be on the table. That's why it's so important that you be prepared to

make a decision quickly if your horse ever experiences a serious colic.

🐾 **6 p.m.:** You're loaded up and on the road. While you were hooking up your trailer, your veterinarian passed a tube through Trigger's nostril and into his stomach to relieve gas, check for fluid or "reflux" that might have accumulated, and administer water and electrolytes. He also gave him a dose of flunixin meglumine (Banamine) and another heavy tranquilizer to control his pain for the hour-long trip to the surgical facility.

Will Trigger stay on his feet for the trip? What happens if he goes down in the trailer? Your vet will try to administer enough pain-relieving medication to keep Trigger comfortable. However, it's possible he'll go down in the trailer if he's very painful. For that reason, haul him loose (untied), ideally in an open trailer, with all dividers either removed or snugly secured to the side. It's also best to remove his halter unless it's leather or has a leather breakaway strap that can be easily broken.

🐾 **7 p.m.:** You've arrived at the surgery facility. You're met at the door by a team that includes veterinary students, technicians, and a veterinarian; they help you unload, and immediately begin assessing Trigger's condition. Unfortunately, Trigger is still painful—so much so that it's hard to even keep him on his feet. His heart rate is still 80 beats per minute, and after performing a rectal exam, the receiving veterinarian quickly agrees with your own vet's assessment: Trigger needs surgery if he's going to survive.

The cost estimate for surgery is approximately \$4,500, assuming no complications. Fortunately, you planned ahead for just such an emergency (see "Managing the Money" on page 46), so you're able to put a deposit on your credit card and give the green light. The receiving veterinarian calls the surgeon and

Surgery Complications

Trigger's colic surgery was a success—but that's not always the case. The following are some of the most common complications following colic surgery.

Jugular thrombosis: Your horse develops a blockage of his jugular vein, secondary to the catheter used to administer IV fluids and medications during his care. In many cases, this blockage will resolve with time and treatment. If it doesn't, your horse may be left with a non-functioning jugular vein on one side of his neck.

Ileus: Your horse's intestines shut down and don't start moving again after surgery. This can lead to ongoing colic symptoms and a prolonged hospital stay.

Incisional infection: As with any wound, it's possible that your horse's surgical incision can become infected—requiring additional care and antibiotics to resolve.

Incisional herniation: Your horse's incision may not heal well (more likely if it becomes infected) with a resulting defect along the incision line. Although hernias are unsightly, most horses function quite well even with fairly large ones after colic surgery.

Repeated colic/colic surgery: No doubt about it. If your horse has had colic surgery once, he could be at greater risk for future colic episodes—even to the point of requiring a second surgery.

anesthesiologist, while the surgical team prepares Trigger and the surgical suite.

Who are all these people? And who's in charge? No doubt about it, the period of assessment and preparation for surgery can be confusing,

ARE YOU DEWORMING YOUR HORSE TOO OFTEN?



If you're deworming your horse six times a year, it could be as much as four times too often. In fact, the one-size-fits-all approach of deworming every two months is obsolete, according to the American Association of Equine Practitioners (AAEP).¹ In many cases, two treatments may be all your horse needs.

DIFFERENT PARASITE CHALLENGES

The concept of routine deworming started more than 40 years ago, when large strongyles were the predominant internal parasite in horses. Small strongyles are more common in horses today, but require properly timed, effective treatments instead of routine treatment.

FREQUENT DEWORMING CAN CAUSE RESISTANCE

When parasites are overexposed to certain treatments, they can become resistant to them. And that leaves horse owners with fewer options. Small strongyles have been shown to develop widespread resistance to fenbendazole,² one of the older dewormers.

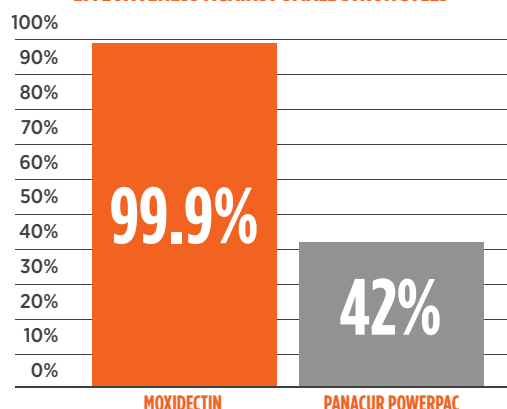
AN INDIVIDUALIZED DEWORMING™ PLAN

Because every horse is unique, new AAEP guidelines¹ recommend that you work with your veterinarian to tailor a parasite control plan to your horse. Based on your horse's age, fecal egg count results and parasite exposure risks, the plan should include effective deworming products administered during peak parasite seasons.

CHOOSE AN EFFECTIVE DEWORMER

With just one dose, QUEST[®] PLUS (moxidectin/praziquantel) Gel treats and controls encysted small strongyle larvae, bots and tapeworms. Compare that with Panacur[®] Powerpac, which requires a double dose every day for five days and still doesn't treat bots and tapeworms. And a recent study showed moxidectin reduced fecal egg counts by 99.9%. Panacur Powerpac was only 42% effective.^{3,*}

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IMPORTANT SAFETY INFORMATION: Do not use QUEST Gel or QUEST PLUS Gel in foals less than 6 months of age or in sick, debilitated and underweight horses. These products should not be used in other animal species, as severe adverse reactions, including fatalities in dogs, may result.


¹ American Association of Equine Practitioners. AAEP Parasite Control Guidelines. Available at: <http://www.aaep.org/custdocs/ParasiteControlGuidelinesFinal.pdf>. Updated 2013. Accessed January 12, 2015.

² Kaplan RM. Anthelmintic resistance in nematodes of horses. *Vet Res* 2002;33:491-507.

³ Mason ME, Voris ND, Ortis HA, Geeding AA, Kaplan RM. Comparison of a single dose of moxidectin and a five-day course of fenbendazole to reduce and suppress cyathostomin fecal egg counts in a herd of embryo transfer-recipient mares. *J Am Vet Med Assoc* 2014;245(8):944-951.


*This study compared QUEST (moxidectin) Gel with Panacur Powerpac (fenbendazole).

with many different people scurrying about—especially in a case like Trigger's where signs are severe and time is critical. If the surgery center is in a veterinary teaching hospital, you'll likely encounter several students, a resident or intern (most commonly the person who assessed Trigger when you first arrived), a number of technicians, the surgeon, and an anesthesiologist. In this scenario, the surgeon is clearly "top dog" in charge of Trigger's case, although you may communicate more directly with the resident or intern. In a private-practice setting, the team is likely to be smaller, perhaps with only the surgeon and several technicians involved.

 **7:45 p.m.:** Trigger has an intravenous catheter in place, and fluids are already running to help keep him hydrated. The surgeon and anesthesiologist have arrived, and the surgery suite is ready. It's time to induce anesthesia and put Trigger on the table.

The surgery team takes Trigger to the induction room, where he's given a series of injections and gently lowered to the floor. They wrap his legs in heavy bandages, and apply thick leather straps to all four legs. A crane lifts him onto the surgery table, then he's wheeled into the surgical suite.

Can you stay and watch the surgery? Or would it be best to head home and wait by the phone? Rarely will you be allowed into the surgical suite, although many hospitals have a window from the outside that'll allow you to watch what's going on. Many colic surgeries last for hours—so it's perfectly reasonable to head home, or even to a local hotel. It's critical, however, that you keep your cell phone on and by your side so that the surgeon can reach you in case of complications.

 **8:30 p.m.:** Surgery has begun. You've decided to set up camp outside the surgery-room door where you can observe the proceedings and be readily available in case of prob-

Managing the Money

One of the most stressful parts of dealing with a surgical colic case is the financial side. Of course you want to do what's best for your horse, but who has the cash to pay for surgery? Most surgical facilities require at least a partial payment up front, with full payment required before your horse goes home. And most colic surgeries will result in a bill that's at least \$5,000, if not more. Unless you're rolling in the dough, you should have a plan in place to cover those expenses *before* emergency strikes—so that your decision whether to take your horse to surgery when he needs it isn't controlled by finances. Consider one of these three strategies.


Savings Plan: Establish an emergency fund in a separate bank account, with money earmarked specifically for medical emergencies. If you're wise, you'll have this account in place before you ever even own a horse—and won't touch it unless you absolutely have to when your horse gets sick.

Surgical Insurance: Major medical/surgical insurance can be added to most equine mortality insurance for a minimal cost. As little as \$175 per year (in addition to the cost of mortality insurance) can get you as much as \$10,000 worth of insurance that'd help cover colic-surgery costs. Some companies offer automatic colic-surgery coverage with any mortality policy, although the amount of coverage will be less than if you purchase a separate medical policy.


If you don't want to purchase mortality insurance, consider looking into one of the supplement-company programs such as SmartPak's ColiCare. This program provides \$7,500 worth of colic-surgery reimbursement if you purchase one of the company's approved supplements (most contain probiotics or other supplements designed to support gastrointestinal health) and agree to annual physical and dental exams, vaccinations, and deworming administered by your veterinarian. Follow the requirements very carefully to ensure that you're eligible for the reimbursement.

Medical Credit Plan: If you just don't have the cash to set up a savings account, and aren't interested in insurance, consider applying for a credit program that specifically designates funds for medical emergencies, such as CareCredit. Although interest rates are high, if you are pre-approved with this type of credit plan, you'll be able to pay for your horse's care in an emergency, with a future pay-off plan.

lems. Inside there's a flurry of activity as Trigger is positioned, draped, and prepped. The anesthesiologist sits by Trigger's head, where he can monitor your horse's vital signs and depth of anesthesia. Once prepared, the surgeon makes her incision and begins exploring your horse's abdomen to correct whatever is wrong.

 **9:30 p.m.:** One of the technicians emerges from the surgery room. "Good news," she tells you. "Although Trigger did have a twist in his intestines, they're still in good shape and

won't have to be removed." Your quick action in getting your horse to surgery not only saved his life, it also means he has an excellent prognosis and is likely to make a full recovery.

 **11 p.m.:** Surgery has been completed, and Trigger is wheeled into the padded recovery room. You sit outside the room with members of the team, who take a much-deserved break while waiting for him to wake up from his anesthesia. Trigger's endotracheal tube (the tube inserted into his airway to keep him anesthetized) is still in

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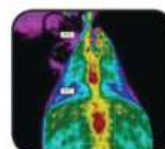


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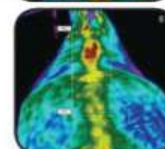
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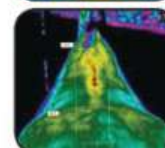
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Day 7:

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place, with an oxygen line inserted in its open end.

When Trigger starts to stir, one of the technicians enters the room to help him recover safely. She removes the endotracheal tube as soon as he's breathing well and beginning to show signs he's ready to stand up. He rolls up onto his chest, where he stays for awhile, before getting to his feet. You were lucky. Trigger is a sensible horse, and his anesthesia team did a great job. His recovery from anesthesia was uneventful.

12 a.m.: Trigger is taken back to his stall, where he'll stay on intravenous fluids and pain medications, if needed. Attendants will monitor him closely, and gradually introduce him to to feed over the next few days.

When can he go home? And what will I need to do to help him recover? If there are no complications, Trigger will most likely be able to return home within a couple of days. Your surgeon will give you specific instructions for his aftercare. You'll be asked to monitor his temperature for a period of several weeks, and to check his incision for signs of moisture or excessive swelling. (It's common for him to have a plaque of edema or fluid swelling under the skin on his belly after surgery that should gradually decrease in size after the first few weeks.) Of course, you'll watch him closely for colic symptoms and monitor his fecal output. You'll most likely schedule a follow up appointment with your own veterinarian sometime after the first two weeks, when skin sutures or staples will be removed, if they're present.

He'll spend the first 30 days in a stall, with only short hand walks. For the next 30 days, he may be allowed access to a small paddock. At 60 to 90 days post-surgery, you might be allowed to begin more hand walking or even light work under saddle to bring him slowly back to condition. After 90 days, Trigger should be as good as new. He survived his trip from barn to table, and back again! □

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¹ A. perfoliata

² Kaplan RM, et al. Prevalence of anthelmintic-resistant cyathostomes on horse farms. *J Am Vet Med Assoc.* 2004;225(6):903-910.

³ Reinemeyer CR. Rational approaches to equine parasite control. *Equine Parasite Control Kentucky Equine Research, Inc.* 64-72.

⁴ McFarlane D, Hale GM, Johnson EM, Maxwell LF. Fecal egg counts after anthelmintic administration to aged horses and horses with pituitary pars intermedia dysfunction. *J Am Vet Med Assoc.* 2010;236(3):331.


⁵ Kaplan RM. These ain't your father's parasites: An evidence-based medical approach to equine parasite control. *The Practitioner.* October 2008.

⁶ Based on data provided on the ZIMECTERIN Gold product label.

⁷ Based on product labels.

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A photograph of two people riding horses through a field of tall, dry grass. The rider on the left is wearing a blue jacket, red pants, and a tan hat, riding a brown horse. The rider on the right is wearing a pink and white patterned vest over a red shirt and blue pants, riding a brown horse. The background is filled with trees displaying vibrant autumn foliage in shades of yellow, orange, and red. A clear blue sky is visible above the trees.

Riding with a group requires preparation and planning well before the expedition heads out on the trail. Ensure that you and your horse are ready by doing your homework.

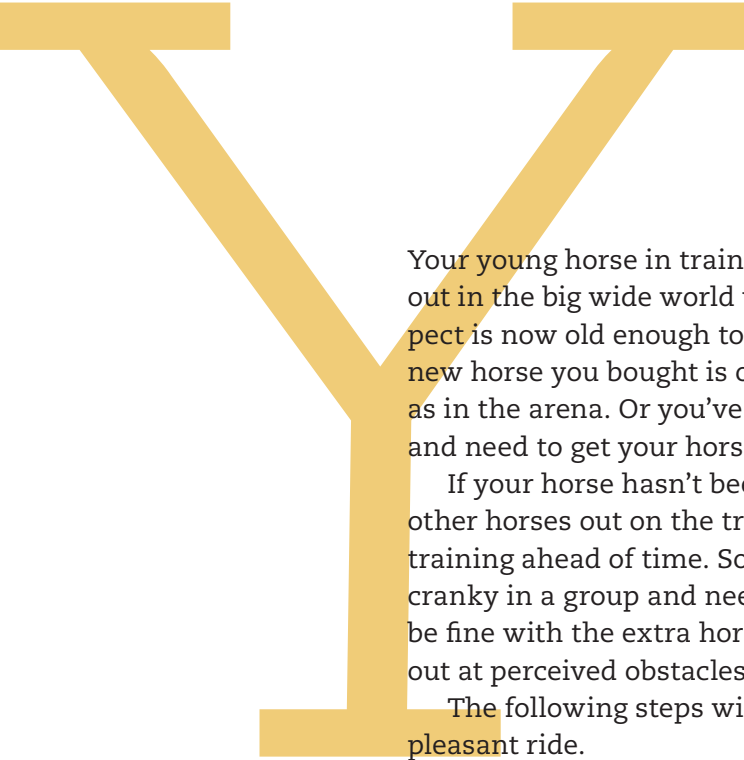
Prep Tips for Group



By Heather Smith Thomas

Rides

Set your horse up for success at going on trail rides with a group.



Your young horse in training is ready for the next step—some rides out in the big wide world with your friends. Or your trail-riding prospect is now old enough to prepare for his first competitive ride. Or the new horse you bought is one you'd like to ride out in the hills as well as in the arena. Or you've signed up for a renowned group trail ride and need to get your horse prepared.

If your horse hasn't been ridden before in the company of several other horses out on the trail, it's wise to do some preparation and training ahead of time. Some inexperienced horses are nervous or cranky in a group and need to learn proper trail manners. Others may be fine with the extra horses and glad for the company, but will wig out at perceived obstacles encountered on the trail.

The following steps will help you prepare your horse for a safe and pleasant ride.

Social Challenges

Your horse may get along fine with a stable buddy or pasturemate at home when you ride together. But riding in a group with unfamiliar horses in unfamiliar territory may blow his mind, or bring out unexpected animosities. To him, a new group is a new herd, and he may feel the need to defend his turf. Every horse is different, and you need to find your horse's weak areas and work on them before your big outing with friends or his first major trail ride.

Aggression: This behavioral problem may be unexpected; the aggressive aspect of your horse's personality may not become evident until you're actually on a group ride.

If your horse is an alpha type, he might try to bully other horses that get close to him. Or he may be a mellow pussycat at home with his buddies, but suddenly become aggressive in strange company. If you and a friend are riding stablemates and take them for an outing with a larger group, your horse may be jealously protective of his

buddy and become aggressive—pinning his ears and trying to bite or kick another too-close horse.

Some mares are predictably unpredictable, or become overly emotional and reactive in group settings when in heat. If your mare is socially nasty at certain stages of her cycle, make sure she doesn't get close to another horse. Some emotional geldings also show aggression; with some it's an instant personal dislike of the strange horse. Some insecure individuals show aggression as a defensive self-preservation tactic.

What to do: Your best preparation is to have a well-established trust-respect bond with your horse (gleaned from many hours and miles together), so that he'll respond to your control. Then you can halt the aggressive behavior before it results in an actual bite or a kick.

If you realize your horse has a jealous or aggressive streak, practice a few rides with strange horses to get the upper hand on this problem. If your horse is acting defensively because he's

nervous and insecure, do a lot more riding with other people but keep some distance between their horses and yours until your horse becomes more at ease with riding in a group and realizes the other horses aren't a threat.

When riding in company, always stay alert and in tune with how your horse is feeling; don't get sloppy and inattentive, or your unpreparedness may get you, your horse, or someone else kicked or bitten. It's your responsibility to keep your horse under control, so don't ride with such a loose rein that he could reach over and bite another horse. Control his hindquarters with your legs and body language; you need complete control over the whole horse. Don't let him get into a position where he could kick and make contact, but also warn the riders behind you to not crowd your horse or pass without your OK. If you know your horse is a kicker, tie a red ribbon in his tail as a warning to other riders to not "tailgate" or get too close.

Insecure or impatient when behind other horses: This is a common prob-

Check with your fellow riders if dogs are allowed on the trek—they can cause problems for other horses. Also, as shown here, when one member of the group stops, you should stop, too. This keeps their horse from feeling left behind, which can cause a wreck.



lem. Many energetic horses tend to be hyper, and prefer to be in front of the pack. They become upset and frustrated if they have to follow another horse, or act up out of fear they might get left behind. If your horse can't walk quite as fast as the horse in front of him, or doesn't want to try to walk faster (preferring to jog), he may get stressed and want to prance, or charge forward to catch up. If you try to make him remain at a calm walk, he may root at the bit or lug into it. This continual fight with your horse makes an unpleasant ride for you both.

Some horses are competitive by nature, especially if they're bred to run or race, and want to be in front, even if everyone is just walking. Some individuals are insecure and nervous, more worried about the other horses, and not paying attention to you. If they get very far behind the horse in front of them, they truly panic.

In any given group of horses, there will be some that naturally walk faster (or slower) than others. In open country or along a dirt road, pairs or threes can ride side by side on the group ride. This alleviates some of the problem because an insecure horse always has a horse alongside him.

In rougher country, however, you

may be riding single-file along a trail to avoid rocks, brush, or trees. This is more challenging for horses that are mismatched in speed of gait. If the leader is a plodder, faster-walking horses behind may be frustrated and riders have to be alert to keep from getting too close to the horse ahead. If the leader walks fast, some horses along the line will have to trot periodically to catch up, creating a continual walk-jog erratic line.

Trail etiquette comes into play here. It's not polite to plod, trailing far behind, and then trot swiftly to catch up, especially if the horse behind you is a nervous type that doesn't want to be left behind. When your horse takes off trotting to close the gap between you and the horse in front, the rider following you may suddenly have a horse that is stressed/panicky because he got left, and has to either try to calm the horse or give up and trot to catch up, too. If your horse absolutely can't walk fast enough to keep up with the horse in front, resign yourself to frequent slow jogging; don't drop very far behind or you'll frustrate the rider behind you every time you take off to catch up.

Gully speed-ups are a perfect example of discourteous riding. Some horses like to rush through a dip in the trail, leaving the next horse behind.

The horse that's suddenly left may decide to lunge through the gully or give a disconcerting buck while rushing through it.

What to do: If your horse is a hyper individual that always wants to be in front, you can't totally change his nature but you can spend time working with him to encourage him to pay attention to your cues and body language. Work at keeping him at the gait and speed you desire, with more relaxation and less stress. You may have to start these calm sessions solo, and then ride with a friend or two after you gain rapport with your horse and control of his gaits and his attitude. Make a practice of having him follow other horses just as often as he is in the lead, trading off. Develop his patience level and manners so he can realize that his position in the line doesn't matter, and that he can trust and respect your cues and stay calm.

For a hard-core prancer, it might help to use a mechanical hotwalker if you have access to one—where a number of horses can be exercised together in a circle. A short daily session with several other horses, in which there's always another horse ahead of him, may help him discover that he doesn't always have to be in front. →

For the gully-rusher, practice with a buddy. Take turns leading and following. Concentrate on having your horse walk down into the gully, pausing at the bottom if necessary, and calmly walking up the other side instead of rushing and lunging.

Obstacle Challenges

Even if your horse gets along well with other horses and is well mannered, he won't do well in a group ride across country without experience with some of the challenges he'll meet along the trail. You don't want him balking at a stream, refusing to cross a bridge, balking in front of a log he needs to step over, or holding up the ride by refusing to go past a scary-looking rock or stump.

Trail-proofing: Some of this important preparatory training can be done in an arena, using obstacles similar to ones you'd find in a trail-class competition (bridges, walk-overs, and so forth). These practice sessions are good for any young or inexperienced horse, to familiarize him with many things that otherwise might be spooky. However, many of the obstacles a horse might encounter out in the real world won't be easily duplicated in a training arena, and some will be unexpected and unpredictable. There's no substitute for taking your horse out into the countryside to let him become acclimatized and desensitized through experience—guided by your firm but understanding reassurance.

If he's not used to the big wide world, take him on some rides with a dependable, unflappable buddy that he gets along with. He can gain confidence in scary situations by taking cues from the unconcerned, more experienced horse. He's more likely to attempt to cross a stream or step over a log if he can follow a horse that unhesitatingly walks into the water or over the log. If a deer jumps out of the bushes or a grouse flies up in his face, he may jump, but when his buddy stays calm, he's less likely to go into a complete panic. Preparation with some planned excursions ahead of time will always pay off.

These "schooling rides" are the only way to get your horse accustomed to

Trail Etiquette

Basic rules for a safe and pleasant ride with friends include the following.

- Keep at least a one-horse space between riders going single file, and more space at faster gaits.
- If your route goes through a gate, the lead rider generally opens it unless he's on an inexperienced horse, and shuts it again as the other riders wait after going through it. If it's a long line of riders and the group doesn't want to ball up at the gate, the last rider gets off and shuts it.
- Regardless of who shuts the gate, other riders should wait while the gate is shut and the rider remounts—so his horse won't panic at being left.
- If the trail goes through brush or overhanging branches, be careful to never let a branch flip back into the following horse/ rider's face. This isn't a problem when there's adequate space between horses, but sometimes a following horse will be insecure and crowding too closely to his buddy ahead of him.
- If you must pass a rider, make sure there's enough room to do so, and announce your intention so the other rider knows you're coming by and can prepare his horse.

wildlife or traffic along a road. A group ride may start out along a road before heading into the backcountry. If your horse isn't used to traffic, take some time practicing along a side road where the traffic isn't too fast or noisy. Ride with a friend whose horse is unflappable. If need be, have a friend drive a vehicle along a quiet lane and let your horse get used to going past it while it's stopped, then as it's going slowly, then at regular speed.

Dog encounters: Another thing you may encounter on a group ride

are dogs—the ones that come out to bark at the horses when you ride past houses or farms, or even the dogs that some riders might bring along. If your horse isn't used to dogs barking or coming up behind him, take time to work on this aspect of desensitization, using a friend's dog if you don't have one. You'll find it helpful in a young or inexperienced horse's training to take a dog along. The dog generally checks out various things along the trail and may pop up suddenly out of the grass or bushes in front, beside or behind your horse. This all helps with the desensitization of a good trail horse.

Weird critters: If you're riding along a road through farm country, your horse may freak out at nearby sheep, goats, turkeys, pigs, llamas, or other critters that are foreign to him. Even a group of horses galloping up to the fence to socialize may blow his mind. Try to think of anything he might need to learn as you work on advanced preparation, and expose him to it. Then his dependability, coupled with lessons in trail etiquette in a group setting, will ensure a safe and pleasant outing.

Trailer training: One last requirement: If the group ride will take place some distance from home, make sure your horse is trailer-trained and easy to haul! If your horse is an inexperienced hauler and you don't have a trailer, enlist a friend with a trailer to help practice. Teach your horse to load and unload with ease, and to be a willing traveler. Nothing's more frustrating than having your heart set on a special ride and then learning on departure day that your horse doesn't want to get in the trailer. Even worse: He throws a fit while you're hauling down the road and injures himself. Save yourself a lot of headache and heartache by giving your horse pre-ride hauling lessons when you're not under pressure to get somewhere at a certain time. □

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Check out "Rescue Your Ride" online this month, for tips on how to troubleshoot five common mishaps on the trail.

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Barefoot or Shod?

Make the right choice for your horse with insight from a barefoot expert and three riders who've tried both options.

By **Jennifer von Geldern**

Have you ever asked yourself why you have your horse shod? Is it because you always have? Or because all your friends', competitors', or peers' horses are shod? Or maybe because you believe (or somebody has told you) that your horse has bad feet and must wear shoes? Under the right circumstances, many horses can go barefoot, as long as their owners are armed with knowledge to make the right decision.


Here we'll examine the benefits of going without metal shoes, give insight into how to transition your horse away from shoes (if it's right for him), and review three cases of owners who transitioned to barefoot or decided to stay with shoes. We'll also detail some hoofwear products available to protect the feet of horses without metal shoes.

Advantages of Alternatives

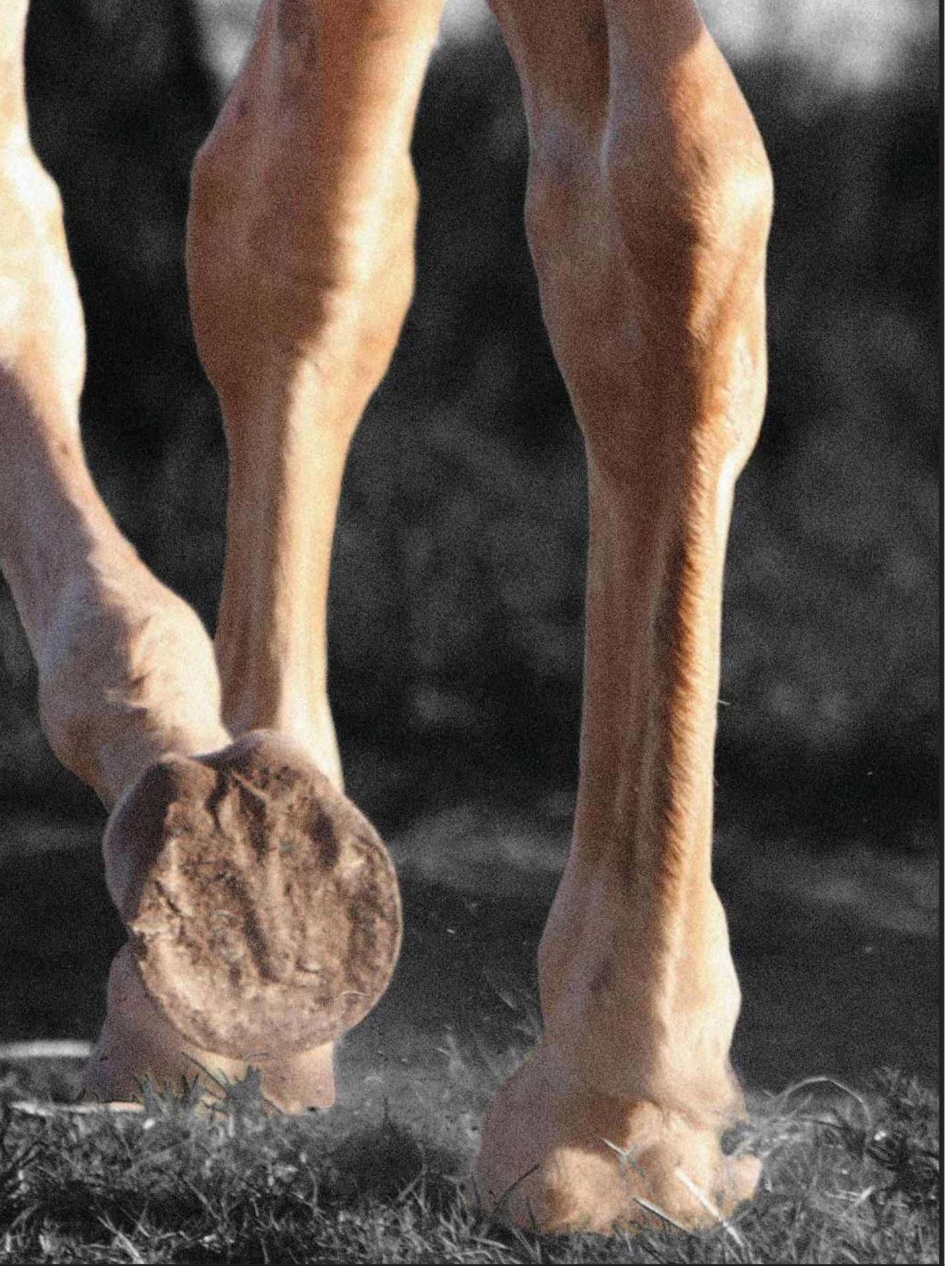
Pete Ramey, a farrier specializing in rehabilitation of hoof problems as well as a well-known author and clinician, sees a deeper issue than just metal shoes versus barefoot. He points out the array of options between going 100-percent with metal shoes or 100-percent barefoot. As a longtime practitioner helping horses regain healthy hoofs and soundness, he says, "I avoid the term 'going barefoot,' because it's more complicated than just pulling metal shoes off and hitting the trail. If metal shoes are working for you and your horse is sound, stick with them. Metal shoes can be convenient for the owner. However, if your horse has soundness or performance issues, you should be aware of the possible advantages of getting away from metal shoes temporarily or permanently."

Beyond metal shoes nailed on full time, there's a spectrum of hoof-care options, from going completely barefoot all the time to using various boots or glue-on shoes when needed for protection. Here are six of the benefits of getting away from metal shoes.

Better use of the entire foot. The hoof wall, sole, frog, and bars are all engaged in a bare foot, as opposed to the hoof wall bearing almost all of the weight with a



Armed with information—both scientific and anecdotal—you can decide if barefoot is right for your horse.





A barefoot horse isn't necessarily a low-maintenance one. Solid hoof care, including diet, regular trimming, and exercise, as well as an experienced barefoot trimmer, can make or break your horse's shoeless experience.

metal shoe nailed to the perimeter of the foot. A metal shoe doesn't ever fully release pressure to the *solar corium* (the layer of blood, nerves, and connective tissue that lies under the sole and surrounds the coffin bone) because it's clamped on and limits the release of pressure. The solar corium can be easily damaged by compressive forces. With a bare foot or booted hoof, the sole is fully loaded while the hoof is on the ground, but fully unloaded when the hoof is in flight. That's a much healthier scenario and can prevent serious soundness issues.

Better shock absorption and energy dissipation. Barefoot and booted horses' hoofs are better able to absorb shock and dissipate energy than metal-shod horses' hoofs, which can equate to increased performance and longevity, particularly on hard surfaces.

Vertical flexion of the hoof capsule. The back part of a horse's hoof is designed to flex vertically, or twist, which aids the horse in negotiating uneven terrain, hitting rocks sideways, or when moving through a turn. This flexion takes a tremendous amount of torque off the horse's joints and collateral ligaments (which help hold the joints together). A metal shoe on hard terrain can damage the hoof's soft tissues and the hoof wall.

Versatility. A horse without metal shoes can be fitted to various boots for any given situation. Boots offer different treads and insoles for changing conditions—similar to a

human being able to choose a hiking boot or running shoe. Usually, no one setup is appropriate for every condition a horse encounters.

Economics. Shoeing and trimming prices vary across the country, but stay fairly proportionate to each other, and trimming and shoeing intervals are roughly the same. If a professional charges \$60 to trim and \$120 to shoe with metal, clearly the trim is a savings. A pair of hoof boots can cost \$150, but last much longer than a set of horseshoes, which are worn for a 5- or 6-week period. Boots can last a desert endurance racer 500 miles or more; therefore, a more casual rider could get many years from them.

Overall hoof health. Anything you can do to improve hoof quality—nutrition, exercise, etc.—will improve the health and longevity of the whole horse.

Transitioning to Barefoot

Done correctly, "going barefoot" doesn't simply mean you stop putting shoes on your horse, according to Ramey. "There's an entire package of changes needed to successfully go without metal shoes," he says. "Those changes yield a healthier, happier horse, and can boost performance and provide better longevity." Here are five considerations.

Diet. "The horse's diet should be improved so that he can grow the best hoof his individual genetics will allow," he continues. "This typically means feeding less sugar and



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starch (too much of those can compromise the attachment of the hoof wall) and following a more scientific approach with mineral supplementation.”

Everyday footing. Your horse’s turnout environment should match your riding terrain so that his hoof encounters similar terrain during everyday life that it’ll encounter during work under saddle. “Provide variable terrain in turnout—grass, pea gravel areas, hard terrain, and soft terrain,” suggests Ramey. “Drain muddy areas when possible, and keep urine and manure cleaned up. If matching turnout to riding terrain is impossible, your goal should be booted riding, not barefoot riding. Turn out a barefoot horse only if he’s moving well in his turnout environment. Otherwise, use boots or glue-on shoes (assuming that these provide comfort and correct movement). Apply the same logic and consideration for riding.”

Exercise. Increase your horse’s exercise, particularly if he spends much of his life in a stall. Hoof boots must be used if he’s not 100-percent sound during riding. Also, if not 100-percent sound during turnout, hoof boots or glue-on options should be used there, as well.

“The growth of the foot—healthy or not—is a product of how it hits the ground,” explains Ramey. “Compensative movement causes poor or pathological hoof growth. Correct movement causes correct hoof growth. For barefoot riding, the horse needs the healthiest hoof possible. If barefoot riding is your goal, riding in hoof boots is usually the quickest way to get there—the correct movement typically provided by hoof boots causes healthier hoof growth, which in turn may cause the horse to no longer need the boots. If the horse is limping or compensating for foot pain during rides, you probably will never grow a foot healthy enough to ride barefoot without pain.”

Sound hoof care. Find a farrier or trimmer who has experience and success with transitioning horses away from metal. This professional should know how to do a barefoot trim, which is different from a shoe-ready trim, and carry a stock of hoof boots and/or glue-on options to be able to fit the horse immediately when the shoes are pulled. Contact the American Hoof Association (AHA), Pacific Hoof Care Practitioners (PHCP), or Equine Science Academy (ESA) to see if there is a competent professional in your area. Proper fitting and selection of hoof boots is as critical as it is for metal horseshoes.

Three True Stories

Who better to ask about their experiences with barefoot horses than top-level competitors? From small, light Arabians and a tough-footed mustang to a heavily muscled Quarter Horse and a massive Warmblood, they’ll describe their varying degrees of ease and success with shoes and without.

EASY BAREFOOT TRANSITION

The owner: Tennessee Lane, owner of Remuda Run in Fort Collins, Colorado; an intense and successful endurance-racing competitor with a second-place finish at last year’s Tevis Cup. She keeps more than 30 horses, including working

Quarter Horses in addition to her endurance Arabians. None of her horses wear metal shoes, and she’s taken over all of their hoof care herself, trimming and booting when necessary.

The horse: Arabian mare Pixiedust, age 9, is currently in transition.

The story: Pixiedust is doing so well in her short venture to being barefoot that she was scheduled to compete in the 2015 Tevis Cup without metal shoes, less than a month and a half after Lane pulled them. “Her feet were too long and unbalanced,” Lane says. “I knew I could help her within three trimmings. After only the first trim, she’s already booted and sound for training rides on rocky terrain and comfortable barefoot in her pasture. She’ll do Tevis this year in glue-on shoes, and I have absolute faith she’ll complete that ride.”

More insight: “The average horse I come across, no matter the breed, can ultimately go without shoes,” Lane explains. “With proper trimming, nutrition, and exercise, a lot of them make the transition fairly quickly.” Another Remuda Run horse, the hard-working, ranch-bred Quarter Horse gelding Chicosa, also smoothly transitioned to shoeless and has never looked back in the 10 years since. “He’s a big, beefy horse and when I got him at age 6, his body was trying to put out a good hoof, but his shoeing job was predisposing him to long toes and underrun heels. I pulled his shoes and trimmed his feet. Just a few weeks later, he was functional and happy. By his third trim, his hoof angle matched his pastern angle; his heels supported his skeleton; and he’s been fit, healthy, and rock-solid ever since.”

TIME AND EFFORT REQUIRED

The owner: Shannon Peters, San Diego, California; U.S. Dressage Federation bronze, silver, and gold medalist and three-time national championship competitor.

The horse: Flor De Selva, aka “Squishy,” a 15-year-old West-fallen gelding.

The story: Not every horse who ends up comfortably shoeless has an easy time getting there. But Squishy, a massive horse at 17.2 hands and 1,400 pounds with a considerable history of hoof problems, has a success story, albeit with time and effort.

In 2010, Grand Prix dressage horse Squishy was the first horse Peters tried barefoot. “He’d had soundness issues in multiple types of shoes,” she explains. “He’d be fine for one or two shoeing cycles, and then we’d have to make a change. I ended up taking him barefoot for a while just to give his feet a break, and he was more sound without shoes than with them.

“Squishy never had great feet,” she relates. “He had thin, weak soles, with little concavity, and weak walls. On top of that, he contracted Lyme disease, and over the next four years, he had laminitis four times. Each time, we had to work on building a new, stronger foot again.”

Peters says conscientious trimming has been the first line of defense with Squishy. “Between great trimming and booting, we were able to get him through those tough times. We’ve also experimented with the new Easy Shoe to help him be comfortable. He’s been healthy now for more than a year, and his feet finally have hit their stride. It’s taken five years, but he’s



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Hoof Boots

Easyboot Glove: A slim, form-fitting boot ideal for the well-maintained barefoot hoof. It's best fitted on a fresh trim. Power Straps (sold separately) are recommended for aggressive riding, hilly terrain, and muddy conditions. Light and compact, the boot can be heat-fit to customize to individual hoofs, and is a favorite among endurance competitors.



Easyboot Trail: Simple to apply and remove, this boot can be used through an entire trim cycle. (The hoof doesn't have to be freshly trimmed for use.) This makes the boot great for less-experienced boot users. The boot opens wide to easily slip on and off most hoof shapes and sizes. The rear double hook-and-loop attachment protects the entire hoof wall and keeps the boot firmly in place. A tough, polyurethane sole offers durability and grip on all terrain.



Trek Hoof Boot: This Cavallo boot has a pro-mesh, quick-dry upper that's perfect for damp winter months or riding through streams, and a replaceable hook-and-loop outer strap. The soft, yet durable upper requires little to no break-in period. Available in a full range of sizes, and a regular sole for rounder hoofs and a slim sole for narrower hoofs for the best fit.



Easyboot Glue-On: This is a low-profile, flexible-shell boot with a smooth, snug fit and no hardware. Although there are more steps to application (additional accessories are required for application), these boots are perfect for pack trips and long-distance and multi-day competitions. A Fit Kit is recommended to determine proper sizing, and a boot should not be left on for more than 10 days in a dry environment or five days in a wet, humid environment.



Renegade Hoof Boot: This boot is easy to apply and remove, yet secure through rugged conditions. The movable heel captivator design accommodates and supports the biomechanics of the hoof and leg structure, allowing for natural flexion of the hoof and pastern. Comprised of an extremely durable, high-tech polymer compound designed to provide excellent grip and traction for the barefoot performance horse. Available in seven sizes and eight colors, Renegades are made in the USA.



Tough-1 Hoof Guard Boot: A flexible, molded poly/rubber with extra-thick safety cushion sole makes this boot great for temporary replacement of a lost shoe. Pull-on fit secured with strong nylon strap. Designed to resist scuffs, scrapes, and tears. Available in small, medium, large, and extra-large.



beaten the odds to come back and be sound barefoot, and he just competed at Grand Prix level without shoes in April."

More insight: "Squishy's situation started my barefoot education," she continues. "Now I take every horse barefoot. Some go directly out of shoes with no problem, and others have foot pathology that takes more time."

NOT IN THE CARDS

The owner: Sue Summers, Rice, Washington; endurance competitor who's raced at the FEI level for 15 years, and tries to go barefoot with her horses when possible. Summers shoes her own horses (she attended a farrier school) and admits that with as many horses as she keeps, it's more convenient to shoe with traditional metal shoes.

The horse: Mags Motivator, aka M&M, a 20-year-old racebred Arabian gelding.

The story: M&M is a horse Summers feels wasn't a good candidate to go barefoot, even with boots. "He has a tendency toward thin soles, low heels, and long toes," she explains. "I wedge-padded him and frog-supported him his whole 11-year career in which he competed heavily and even won several

FEI-level competitions. He really needed the frog support, which increased stimulation and blood flow, and wedges to get his heel up, which would have been hard to do without metal shoes. He'd have bruised too easily, and I would have been afraid for his tendons without boosting his heels, though with today's boots, that can be done, too. He stayed sound for me, and is now retired from endurance at age 20."

More insight: "It's time-consuming to boot, figure fit for each horse, and keep the boots organized," Summers says. "If I had only one or two horses, I'd be more inclined to have them go barefoot."

"Whether I shoe with metal shoes also depends on the horse's job," she continues. "Since endurance is so demanding, I put metal shoes on a few of our many horses. I rode a BLM mustang with the toughest feet ever, and tried to keep her barefoot, but having to condition as much as needed to get a horse fit for endurance on our terrain, I just wore her feet too short. I found that on many horses I could have taken barefoot otherwise; wear was the biggest issue. If I were just packing or trail riding in the mountains, I'd probably keep them all barefoot and boot when needed." □

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LEFT OR RIGHT

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Maker: Barn Pros.

Why buy: The reversible latch can be installed for right- or left-handed use and features a safety release for quick, one-handed operation.

Cool feature: The durable hardware holds up against even a MacGyver-type horse.

More info: (866) 844-2276; barnpros.com.

Price: \$12.50



IN OR OUT

Model: Finger latch.

Maker: Innovative Equine Systems.

Why buy: The design allows you to open the door from the inside without reaching through the grid, but is still horse-proof.

Cool feature: A self-closing design keeps damage to a minimum and won't snag his flesh or your clothes.

More info: (800) 888-9921; equinesystems.com.

Price: \$120.00



SLIDE OR SWING

Model: Flush-mount lock latch.

Maker: RAMM Stalls & Horse Fencing.

Why buy: The combination lock-and-latch can be operated from either side of the door and includes all hardware with purchase.

Cool feature: It can be used for both swinging- and sliding-style doors.

More info: (800) 434-8456; rammfence.com.

Price: \$147.00



STALL OR FENCE

Model: V1136 stall latch.

Maker: National Hardware.

Why buy: The steel, all-purpose latch can be affixed to any type of gate or fence, and the retractable bolt is automatic.

Cool feature: The unit comes with a limited lifetime warranty.

More info: (800) 365-1311; tractorsupply.com.

Price: \$22.99



STALL-CARE SAVVY

The attention you pay to your horse's care and training shouldn't stop when he's out of the arena and put up in his stall. A stalled horse needs special consideration of his surroundings to ensure that he's kept safe and out of trouble in his home. Here are four safety factors to consider that'll help you provide a safe living situation for your horse.

Buy quality. Purchasing a lower-cost latch will save money initially, but if it's easily bent or broken, or corrodes over time, you'll have to replace it more frequently. Instead buy a quality steel latch that'll last and give you peace of mind that your horse is secure in his stall.

Minimize protrusions. A lock that extends out beyond the door's surface can easily catch on your clothes or your

horse's flesh, leading to scrapes or scratches. When possible, opt for a latch that's set into the door, because it won't easily catch. A flat lock will also be more difficult for your horse to play with or open.

Double-check. After you've left your horse's stall and before you leave the barn, double-check gates and doors to ensure that they're locked securely and there's no chance he'll get out.

Latch the Dutch doors. Double doors that lead to a run need to be securely latched either to the barn, outside the door's opening, or to the stall's frame to keep them from opening or closing suddenly. A swinging door could easily hit and injure your horse, or could lock him out of his stall where he might not have access to feed or water.

Surviving the Odds

Thanks to his shrewd rescuer, 'A Home for Every Horse' and Purina nutrition, this once-neglected youngster now has a chance.

WHAT'S IN A NAME? PLENTY, when you're a horse called Survivor.

Before he was rescued by Victor McMullen of Southern Winds Equine Rescue and Recovery Center in Udall, Kansas, Survivor was an underweight 3-year-old colt who was afraid of people. Dumped in a field with three other horses, he tried to take over in true stallion fashion, only to get badly beaten up by the two geldings and the mare with whom he shared the pasture. "But he still thought he was the boss," McMullen recalled. "I had to get him gelded right away."

After a veterinary examination to make sure everything was in working order, Survivor was started on Purina Strategy Professional Formula GX horse feed. McMullen is a big believer in the Purina feeds provided through the "A Home for Every Horse" program. In fact, he uses Purina feeds exclusively to bring underweight horses back up to weight incrementally. "The real benefit of Purina products is the reliability and consistency of the product," he explained. "When you go to co-ops,



today you might get this and tomorrow you'll get something else. It's not always the same feed, even though it's in the same bag." McMullen also believes that Purina feeds are the "most balanced for the dollar," which is important to him.

His rescues are started on half a pound of feed twice a day. "I'll watch their consumption and how they do with it," he said. "If they're really handling the food well and they're underweight, then I'll add another half-pound at noon, and another half-pound at 9 p.m. Ideally, I like to feed very underweight horses four times a day, so they get the full nutritional benefit from the food."



Prior to coming to Southern Winds, Survivor had been living on what little body fat he had left and probably weighed 150 pounds less than he should have. About 45 days into his new regimen, he started to appear normal. After four to five weeks of proper exercise and nutrition, a different horse had started to emerge.

"He's still cautious with people," McMullen said. "When you halter him, you've got to really sweet talk him. You can't just walk in and throw a halter on him yet, even after almost two years.

"But he's getting better," he remarked. "His temperament is going to be outstanding, and I think he's going to be a great horse for kids. Right now, his size is about 14.2 hands, and he's right at 800 pounds. But he's healthy; he's fast. I've got him in a pasture with six mares, and they all get along.

"When we got him, he was afraid of the world," recalled McMullen. But at the time of this interview, Survivor had been ridden for a year and a half—and as of this writing, he was available for adoption to the right home.

Start Small, Feed Quality

Purina Ph.D. Equine Nutritionist Katie Young agrees that Purina Equine Senior and Strategy GX horse feeds are excellent for rescued horses, because they provide high quality ingredients for improved digestibility and nutrient absorption. "Starting with small amounts and gradually increasing as the horse's system becomes healthier and able to utilize feedstuffs more efficiently is certainly the recommended course for malnourished horses," she said.

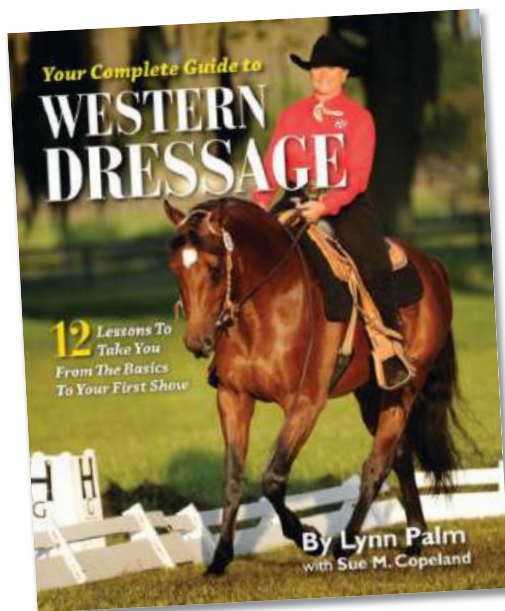
"Once the horse has gained weight and is maintaining a healthier condition, if he is able to maintain body condition on a smaller amount of feed (less than 3-4 lbs of Strategy GX, for instance), Enrich Plus is a good choice to provide essential protein, vitamins and minerals in a smaller amount of feed (1-2 lbs/day)."

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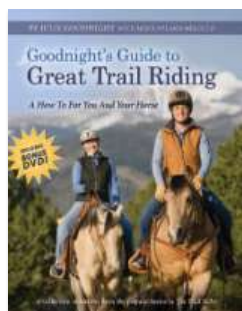
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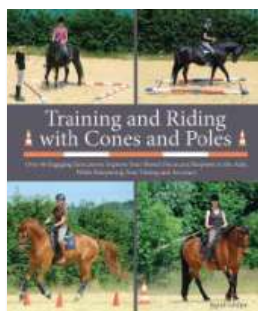
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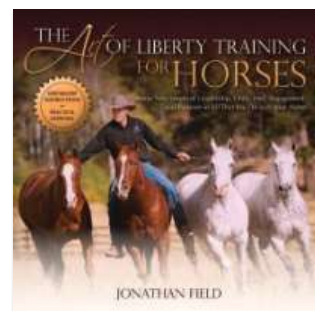
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Establish Control on the Longe Line

Trainer Patty Vatterott discusses how to gain a horse's attention on the longe line for a more productive training session.

Produced and photographed by **Jennifer Paulson**

Q My 3-year-old Quarter Horse mare has a horrible habit of running away on the longe line. Along with riding, I use a lot of groundwork exercises. She performs everything well, but likes to get away from me on the longe line. If I longe her for more than 5 to 10 minutes, she'll rear and spin out of the circle so I am directly behind her, and run until she gets the rope away from me. I use a rope halter with 15-foot lead rope and don't allow her to lean on the rope. This is the only disrespectful act she does, but I don't want to continue in this rut or have other bad behaviors pop up. Do you have any suggestions on what I need to work on to fix the problem?

KELLI ROHLOFF, Minnesota

A You're right to want to get a handle on this behavior before it endangers you or progresses to other negative behaviors that can turn aggressive. One of the most important things to remember in your situation is that you can't expect the results out of a young horse that you could out of an aged horse. You must be patient, take your time, and build on small steps toward the larger goal.

A longe line can be a place for a horse to "blow off steam" or play, but she should always come back to the handler and focus on the task at hand when directed to do so. Equally, it's a way for a handler to get some easy exercise for their horse or to work out freshness before riding, but the handler can't become distracted and lose focus on the horse. Longeing is a two-way street, just like riding.

Here, I'll present three common



By taking some of the slack out of the longe line, I have much more control of the situation, and my horse is more capable of staying focused on me and my cues.

longeing problems that could cause your horse's response and ways to change how you longe that can alter her attitude.

Check Your Line

Longe-line length can play a large role in your horse's response, especially if she's misbehaving or just learning to longe. Letting out too much slack in the line can give your green or ill-mannered horse too much leeway. In a young horse's circumstances, such as your horse, that gives her more opportunities to test you and to fail at properly responding to your request. If she's on a too-long line, your horse can become easily distracted; she's far enough away from you that she knows she can get away with misbehaving.

Instead of letting her all the way out on that 15-foot line, I suggest letting her out no farther than the length of a longe whip—about 6 feet, not including the lash. This way, you know that you can maintain contact with your horse

via the whip and your horse isn't out on her own, far away from you.

When you work on the shorter line length, be sure that you stay with the horse. Let her know that you're paying attention and she's not getting away with anything. Once she's working properly at the short length, start to let more slack out. If you work only on a short line for a long time period, you'll stress your horse's legs, feet, and body. Work toward using almost the line's entire length and working in larger circles.

Time Your Correction

In a best-case scenario, you'll learn what to watch for when your horse starts to think about stopping and turning away from you. With close, mindful observation, you should start to recognize signs that she's thinking, "Now I've got her." When you see any inkling that she's going to try her luck on you, keep her going. Don't let her stop. The timing of this correction is

Problem Solvers

essential to teaching her that she can't get away with the behavior.

If she does get her way, start over again. Never end the session with her getting away with poor manners.

Go in With a Plan

Just like with riding, you must approach longeing with a plan. A lot of people let a horse go wild on the longe line or lope on the wrong lead, for example; they don't have a strategy for what they want to accomplish.

Here's an example of a solid plan: Beginning at the walk, I'm going to work through all three gaits for five minutes each and then reverse and repeat. It's fine to let your horse play and get the freshness out, but then it's time to achieve a goal. The plan will keep you and your horse focused, as well as both of you safe.

Know When to Quit

I've seen many handlers longe their horse until she fails—until she breaks gait, stops without a cue, or wheels around and turns away. Knowing when to quit offers a positive reinforcement to your horse. Don't keep her on the longe line so long that you give her a chance to fail.

Instead, when she gets it right—in this case, a few circles around without turning away from you and without requiring correction—stop and be done until the next session. Then she won't wind up resenting longeing due to enduring endless sessions and multiple corrections. Instead she'll have the confidence that she can do it correctly and know that she won't get worked into the ground in the process. This is especially true for a young horse like yours—keep it simple, short, and to the point. Reward correct response as quickly as possible for future positive results. □



Patty Vatterott, Wellington, Florida, is a lifelong horsewoman who now focuses on coaching and educating amateur and youth riders to success in all-around events. Learn

more at searidgefarms.com.

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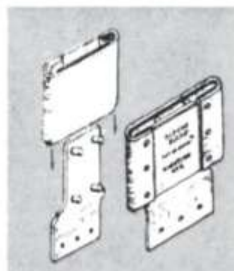
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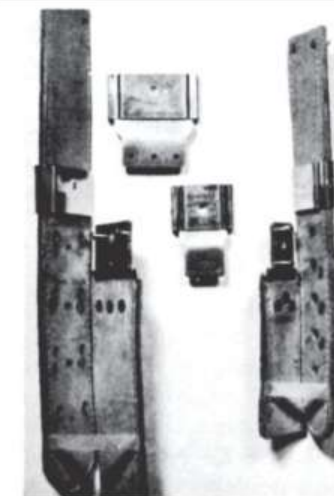
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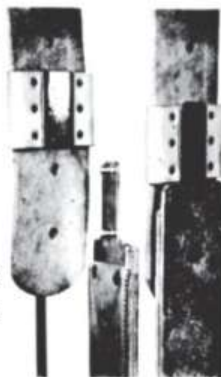
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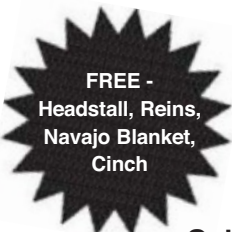


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Noble Outfitters www.nobleoutfitters.com	CV2,12
Twisted X Boot Company www.twistedboots.com	5

ASSOCIATIONS

American Quarter Horse Association www.aqha.com	59
Equine Land Conservation Resource www.ELCR.org	48
National Reining Horse Association www.nrha.com	63

BARNs, STALLS & FOOTING

Bale Barns www.balebarns.com	70
Linear Rubber Products www.rubbermats.com	70
Sand Creek Post and Beam www.sandcreekpostandbeam.com	48

EVENTS

Horse&Rider Dixie Renegade Trailer Giveaway www.HorseandRider.com	29
-------------------------------------------------------------------------------------------------------------------------------	----

FEED

ADM Alliance Nutrition, Inc. www.admani.com	1
Big Bale Buddy www.bigbalebuddy.com	69
Nutrena Feed www.nutrenaworld.com ...	30
Southern States www.southernstates.com	33A-B

GIFTS, ART & COLLECTIBLES

ShowOff Ribbon Racks www.merbeth.net	70
Spirithorse Designs www.spirithorsedesigns.com	6

GROOMING

Wahl Clipper www.wahlclipper.com	11
----------------------------------------------------------------------------------------	----

HEALTH CARE

Boehringer Ingelheim Vetmedica, Inc. www.bi-vetmedica.com	19
Dechra Veterinary Products www.dechra-us.com	9,10

Equine Health Sciences

www.haybalancer.com	6
Farnam Companies www.farnam.com	2-3
Foxden Equine www.FoxdenEquine.com	70
HorseTech, Inc www.horsetech.com	14
Kentucky Performance Products www.KPPusa.com	15
Life Data Labs, Inc. www.lifedatalabs.com	68
Lifeline www.APCLifeLine.com	25
Platinum Performance, Inc. www.platinumperformance.com	55
Quest Plus (Zoetis) www.zoetis.com	45
Zimecterin Gold (Merial) www.merial.com	49

HOOF CARE

EasyCare, Inc. www.easycareinc.com ...	27
----------------------------------------------------------------------------------------	----

PUBLICATIONS, VIDEOS, AUDIO & WEBSITES

A Home For Every Horse www.AHomeForEveryHorse.com	65
Equine Network Store www.EquineNetworkStore.com	66
HorsePower Pursuit Trivia	40-41

TACK & EQUIPMENT

Back on Track www.backontrackproducts.com	47
Bitless Bridle Inc. www.bitlessbridle.com	69
Blevins Mfg. Co., Inc.	68
Cashel Company www.cashelcompany.com	CV3
Circle Y Saddles www.circley.com	36
JT International Distributors www.jtidist.com	16
K&B Saddlery www.kbsaddlery.com	69
Weatherbeeta USA, Inc. www.weatherbeeta.com	7
Weaver Leather www.ridethebrand.com	23

TRANSPORTATION

Blue Ox Towing Systems www.blueox.com	28
Dixie Horse & Mule www.dhmco.com ...	61
Featherlite Trailers www.ftlr.com/hr ...	13
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Will You Ever Sell Your Horse?

You reveal whether you'd ever part with the horse you own now.

ABSOLUTELY NOT. In 2000 I saw Quincy through his foot surgery, and in 2010 and 2011 he saw me through treatments for breast and colon cancers. He gave me a reason to get up and fight.

Maryanne Orloff, Florida

NOPE. My big, gray 13-year-old gelding will take me into my old age. I always admired Dick Sonoita, a gray Quarter Horse stallion of the 1970s. Now his grandson is everything I ever wanted in a saddle horse...hand-some, smooth, respectful, gentle.

Pat Canter, Nevada

NO. My 20-year-old gelding, an awesome barrel racer, is a hard keeper. I wouldn't trust anyone else to care for him.

Sadie Gaskins, Florida

NO. Brisco has taught me to work hard and become a strong person. We've won 4-H ribbons and created great memories. I wouldn't trade him for the best horse ranch in the world!

Jocelyn Frasier, Montana

NEVER. My mare was given to me for free after I'd prayed for her for a year. Then, too, my whole family loves her, and losing her would send my brother's goat into a depression.

Madison Dye, Virginia



NEVER. I formed a bond with my mare and have taught her many tricks, including kiss, hug, and smile. I wouldn't give that up.

Kristen Borchert, Minnesota

I HOPE NOT. If circumstances do someday require me to sell my part-Arabian gelding, I'll strive to make sure he goes to a good, permanent home.

Eleanor Hobbs, California

NEVER. I got my POA mare for my ninth birthday. She can be a brat, but she's still my best friend.

Madilyn Fisher, Indiana

CAN'T IMAGINE IT. I've owned my 15-year-old Paint, Treo, since he was 2. We've shown successfully and logged trail miles. Though I now have health issues, his loyalty has earned him a home with me and a special place in my heart.

Michelle Heiland, Pennsylvania

NOT IF I CAN HELP IT. Truman, 25½, worked most of his life gathering cattle in rough country. I'll always take the best care of him I possibly can.

Dee Whitt, Arizona

NO. Diego, my Peruvian Paso gelding, and I have traversed rough terrain, climbed steep mountains, splashed through lakes and the ocean, and camped often. He'll live out his life with me.

Jan Chait, California

PROBABLY. Realistically, I'll have to sell my Quarter Horse mare when I go off to college. She's young and has most of her career ahead of her. I won't be back to horses for a while.

Alyssa Cranley, Colorado

Join in! In 50 or fewer words, describe the smartest thing you've ever seen a horse do. Respond by October 15 to jfmeyer@aimmedia.com. Include your name/home state; put "You Said It/Smart Horse" in the subject line.



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